

**ESHE MINOR
COACHING EDUCATION**

16 Hours Coursework

The minor in Coaching Education is open to any RU student who completes 16 hours of required coursework.

Required Courses (11 hours)

ESHE 388	Coaching the Athlete	_____	(3)
ESHE 391 or 390/392	Exercise Science Foundations	_____	(4)
ESHE 395 or 350/394	Motor Behavior Foundations	_____	(4)

Electives. Choose two courses to total 16 hours minimum.

ESHE 201	Introduction to Athletic Training	_____	(3)
ESHE 302/304	T&P Team or Individual Sports	_____	(2)
ESHE 305	Principles of Strength and Conditioning	_____	(3)
HLTH 320	Health and Safety Foundations	_____	(3)
ESHE 310/361/362	Self-Defense/Martial Arts	_____	(3)
ESHE 350	Sport & Exercise Psychology	_____	(3)
ESHE 400	Practicum in ESHE - Coaching	_____	(3)
ESHE 415	Sport Administration	_____	(3)
HLTH 465	Nutrition for Sport & Exercise	_____	(3)