COACHING EDUCATION COGNATE

The Cognate in Coaching Education is available for ESHE students in the Exercise and Sport Science Concentration. Students must complete the ESHE foundations requirements and two (2) ESHE cognates to meet concentration requirements.

Students choosing Coaching Education as one of their cognates must complete a minimum of 24 hours of coursework in the cognate.

Students should exercise careful thought as to the ESHE cognates that provide the most appropriate academic training to meet their needs. They should consult with an ESHE advisor early in the program of study.

ESHE FOUNDATIONS (12 to 16 Hrs.)

Area 1: Exercise Science Foundations 4 or 6
ESHE 391  Exercise Science (4)
OR
ESHE 390 Kinesiology (3) and
ESHE 392 Exercise Physiology (3)

Area 2: Motor Behavior Foundations 4 or 6
ESHE 395 Motor Behavior (4)
OR
ESHE 350 Sport & Exercise Psychology (3)
and ESHE 394 Motor Control (3)

Area 3: Health and Safety Foundations 4
ESHE 320 Health and Safety Foundations (4)

COGNATE COURSEWORK (24 hours minimum)

Required Courses (20 hrs.).
ESHE 201 Introduction to Athletic Training ______ (3)
ESHE 302 or 304 T&P Team or Individual Sports ______ (2)
ESHE 305 Principles and Practice of Strength and Conditioning ______ (3)
ESHE 350 Sport & Exercise Psychology ______ (3)
ESHE 388 Coaching the Athlete ______ (3)
ESHE 400 Practicum in ESHE - Coaching ______ (3)
HLTH 465 Nutrition for Sport & Exercise ______ (3)

Electives. Choose from the following to total 24 hours (minimum):
ESHE 100-level Sport Activity Courses ______ (1-3)
ESHE 294 Motor Development ______ (2)
ESHE 301/302/304 T&P Team or Individual ______ (2)
ESHE 315 Physical Activity and Aging ______ (3)
ESHE 358 Technology in ESHE ______ (3)
ESHE 396 Assessment and Prescription for Fitness ______ (3)
ESHE 415 Sport Administration ______ (3)
HLTH 451 Drug Use and Abuse ______ (3)