## 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)

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STUDENT:	STUDENT ID·