

# COACHING EDUCATION MINOR

Coaching education minors have the opportunity to gain both theoretical and practical knowledge regarding psychological, physiological, pedagogical, philosophical, and management aspects of coaching.

## Requirements

In addition to the program requirements listed below, students must:

- take at least nine hours of their minor "core" requirements at UNC–Chapel Hill
- earn a minimum cumulative GPA of 2.000 in the minor core requirements. Some programs may require higher standards for minor or specific courses.

For more information, please consult the degree requirements section of the catalog (<https://catalog.unc.edu/undergraduate/degree-requirements/>).

The minor in coaching education is by approval only and consists of five courses, distributed as follows:

Code	Title	Hours
<b>Core Requirements</b>		
EXSS 205 or EXSS 206	Analysis of Sport Skills I Analysis of Sport Skills II	3
EXSS 207	Coaching Principles	3
EXSS 288 or EXSS 265	Emergency Care of Athletic Injuries and Illnesses Fundamentals of Sports Medicine	3
Two from:		6
EXSS 141	Personal Health	
EXSS 181	Sport and Exercise Psychology	
EXSS 211	Adapted Physical Education	
EXSS 221	Introduction to Sport Administration	
EXSS 360	Sports Nutrition	
EXSS 376	Physiological Basis of Human Performance	
EXSS 380	Neuromuscular Control and Learning	
EXSS 385	Biomechanics of Sport	
EXSS 408	Theory and Application of Strength Training and Conditioning for Fitness Professionals	
EXSS 430	Introduction to Leadership and Group Dynamics	
EXSS 478	Sports Performance Training	
<b>Total Hours</b>		<b>15</b>

See the program page here (<https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-general/#opportunities>) for special opportunities.

## Department Programs

### Majors

- Exercise and Sport Science Major, B.A.–General (<https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-general/>)
- Exercise and Sport Science Major, B.A.–Fitness Professional (<https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-fitness-professional/>)

- Exercise and Sport Science Major, B.A.–Sport Administration (<https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-sport-administration/>)

### Minors

- Coaching Education Minor (p. 1)
- Exercise and Sport Science Minor (<https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-minor/>)
- Sports Medicine Minor (<https://catalog.unc.edu/undergraduate/programs-study/sports-medicine-minor/>)

### Graduate Program

- M.A. in Exercise and Sport Science (<https://catalog.unc.edu/graduate/schools-departments/exercise-sport-science/>)

## Contact Information

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