

SPORTS COACHING MINOR

The Department of Exercise Science and Physical Education offers a 19-credit coaching minor available to all undergraduate students aspiring to coach children, adolescents or adults in athletic settings. The aim is to provide students with a deep knowledge in the methods of coaching, including instruction methods and coaching techniques, principles, philosophy and a background in the fitness and psychology of athletes. Students will apply their knowledge and skills in a cooperative experience working with a qualified, skilled coach. Rounding their experience, students will be able to gain knowledge through an elective class such as nutrition, advanced coaching techniques, emergency care, social problems in sport or adapted physical education.

CONTACT INFORMATION

For further information, please contact the Department of Exercise Science and Physical Education at **973-655-5253** or the Department of Nutrition and Food Studies at **973-655-6681**. To add this minor please see Mr. Saavedra, department administrator, in UN 4141.

Program Requirements

Code	Title	Credits
Core Courses		10-13
PEMJ 131	Fitness Activities ¹ or EXSC 131 Fitness Concepts	
PEMJ 226	Coaching Principles and Problems	
PEMJ 353	Psychology of Sport	
PEMJ 381	Cooperative Education in Physical Education	
Sports Modules		0-3
Complete one of the following:		
PEMJ 152	Introduction to Fielding and Target Games ¹	
PEMJ 153	Introduction to Invasion and Net Games ¹	
Electives		3-9
Complete 1-3 courses from the following: ²		
HPEM 150	Principles and Practice of Emergency Care or EXSC 150 Principles and Practices of Risk Management for Exercise Science	
HPEM 356	Management of Health, Physical Education, Athletics and Fitness Programs ¹	
NUFD 182	Nutrition: A Socioecological Perspective	
PEMJ 227	Social Problems in Sports	
PEMJ 351	Adapted Physical Education	
PEMJ 447	Advanced Coaching Techniques	
Total Credits		19

¹ Included in Physical Education major

² Physical Education majors must take 3 courses from this list