

COACHING (COAC)

COAC 341 Principles and Theory of Coaching 2.00

Analysis of the role of the coach, including the latest information concerning legal liability, administration/organizational responsibilities; various coaching philosophies, diverse personalities of athletes, developing team cohesion, psychology of coaching and teaching techniques.

Prerequisites:

Prerequisite for taking this course is Sophomore standing.

Typically Offered:

- On-campus: Fall & Spring;

COAC 456 Foundations of Sport and Exercise Psychology 2.00

Psychological and scientific principles as they pertain to understanding participants, sport and exercise environments, group processes, and performance, enhancing health and well-being and facilitating psychological growth and development.

Prerequisites:

Prerequisite for taking this course is Sophomore standing.

Typically Offered:

- On-Campus: Fall
- Online: Spring

COAC 689 Coach Elective 1.00-12.00

Transfer credits ONLY from another accredited institution not equivalent to a UW-Superior course.