

MINOR IN ATHLETIC COACHING

This sequence of courses is for students who are interested in coaching and/or pursuing a career in coaching. It provides the knowledge and skill base required for coaching club, school, and community athletic teams.

All coursework used to satisfy the requirements of the minor must be completed with a minimum grade point average of 2.0.

Admission Requirements

Students must meet the following admission requirements to declare the minor:

Code	Title	Units
Select One:		4
BIOL 220	Principles of Human Anatomy	
BIOL 328	Human Anatomy	
	or equivalent	
Select One:		3
KIN 240	Introduction to Teaching Physical Education	
KIN 250	Introduction to Kinesiology	
SF State GVAR Course		3

Please meet with an advisor to declare the minor.

Athletic Coaching, Minor – 22 units

A minimum of 6 upper-division units are required to complete the minor.

All coursework used to satisfy the requirements of the minor must be completed with a minimum grade point average of 2.0.

Core (21 units)

Code	Title	Units
KIN 310	Youth Development Instructional Analysis I	3
	or KIN 312 Youth Development Instructional Analysis II	
KIN 314	Principles of Strength and Conditioning	3
KIN 331	Peak Performance	3
KIN 355	Science, Sport, and Fitness	3
KIN 404	Sport and Exercise Psychology	3
KIN 434	Sport-Based Youth Development	3
KIN 486	Motor Learning	3

Culminating Experience (1 unit)

Code	Title	Units
KIN 570	Directed Coaching Experience	1

A one-season coaching experience in youth athletics, recreation leagues, interscholastic, or intercollegiate athletics in a sport in which a coaching course is selected.

¹ Community college courses in coaching may be accepted as substitutes.

² CPR certification is required.