

COACHING

Supplemental endorsement for education majors or minor for non-education majors

Have you been inspired by the teachers and coaches in your past? Share your passion for sports and leading a team by becoming a coach yourself. A Coaching endorsement or minor is an excellent choice for anyone who is interested in guiding young athletes to reach their full potential. Coaching means more than showing others how to play a game. It means guiding athletes mentally, teaching them responsibility, and encouraging them even when things don't go their way. It means instilling in them a hard work ethic. If you are passionate and excited about doing these things, the coaching route is for you. At Wayne State, you can take coaching theory courses including football, basketball, track, wrestling, baseball, softball, soccer, and volleyball. You'll learn how to set up training and appropriate practice sessions, how to be a positive role model, and how to motivate your team. With a Coaching endorsement or minor, you'll open the door to a career that allows you to become just like the coaches who have inspired you.

fast facts

Credit hours: 19

For education majors: This is not a standalone program. If you choose Coaching as a supplemental endorsement, you will need to select two subject endorsements or one field endorsement to receive your B.A. or B.S. in Education.

Departments: Health, Human Performance, and Sport; Educational Foundations and Leadership

Schools: Science, Health, and Criminal Justice; Education and Behavioral Sciences

Popular pairings for education majors:

Elementary Education, Family and Consumer Sciences Occupational Education, Health and Physical Education, Math Education, Middle Level Education, Science Education, Social Studies Education

Popular pairings for non-education majors:

Exercise Science, Sport Management

focus on results

Skills Learned

- Coaching fundamentals and theories
- Developing and maintaining athletic programs
- Prevention and care of athletic injuries
- Anatomy and physiology
- Strength and conditioning fundamentals

Possible Careers

- Football coach
- Volleyball coach
- Basketball coach
- Track and field coach
- Wrestling coach
- Softball coach
- Soccer coach

Types of Employers

- High schools
- Junior high schools
- Colleges and universities
- Youth sports programs
- Club sports teams
- Fitness and training centers
- Recreational centers

outside the classroom

Activities / Opportunities

- Northeast Nebraska Teacher Academy (NENTA)
- Peer tutoring and mentoring
- Service-Learning
- Study Abroad

Clubs / Organizations

- Baseball Club (Men's)
- Bowling Club
- Disc Golf Club
- NSEA Aspiring Educators
- Rugby Club
- Shotgun Sports
- Soccer Club (Men's)
- Softball Club
- SPORTS Club
- Student Athletic Advisory Committee (SAAC)
- Volleyball Club (Women's)
- Wrestling Club (Men's and Women's)

Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.



The following courses are required for the program of study described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for registering and taking these courses, please consult the current academic catalog and your advisor.

Program courses

Program coursework for the Coaching endorsement and the Coaching minor is the same. Students pursuing an education major will have the endorsement, while students pursuing a non-education major will have the minor.

*PED 202 Anatomy and Physiology for Coaches.....	3
PED 227 Weight Training.....	1
PED 275 Prevention and Care of Athletic Injuries.....	3
PED 357 Principles of Strength and Conditioning.....	3
Select three of the following.....	9
PED 311 Theory and Fundamentals of Football Coaching (3)	
PED 312 Theory and Fundamentals of Basketball Coaching (3)	
PED 313 Theory and Fundamentals of Track Coaching (3)	
PED 314 Theory and Fundamentals of Wrestling Coaching (3)	
PED 315 Theory and Fundamentals of Baseball Coaching (3)	
PED 316 Theory and Fundamentals of Softball Coaching (3)	
PED 317 Theory and Fundamentals of Volleyball Coaching (3)	
PED 318 Theory and Fundamentals of Soccer Coaching (3)	
PSY 444 Topics in Psychology: Sport Psychology (3)	

*In place of PED 202 Anatomy and Physiology for Coaches, students may substitute one of the following course combinations:

- 1) PED 204 Anatomy and Physiology I, PED 205 Anatomy and Physiology II, and PED 305 Exercise Physiology
- 2) BIO 220 Human Anatomy, BIO 340 Human Physiology, and PED 305 Exercise Physiology

health, human performance, and sport faculty



Visit www.wsc.edu/health-human-performance-sport-department to learn more about the Department of Health, Human Performance, and Sport.

Kris Fox, Ph.D., ATC, CSCS
Department Chair
Rice Auditorium 013A
402-375-7160
krfox1@wsc.edu

Tessa Braun, MSE
Barb Engebretsen, Ph.D.
Cameron Geisert, Ed.D.
Chad Maas, Ph.D.
Paul McCawley, MSE
Blaine Meyer, Ed.D.
Mariah Smalley, MSOM

