Why Minor in Coaching?

Quality trained sport coaches benefit children, youth sports programs and communities in countless ways. Sports coaches assist in developing the full potential of athletes by analyzing their performances, instructing in relevant skills, providing encouragement and by fueling motivation. In order to provide this support to athletes, a good coach needs to be able to: assist athletes in preparing training programs, communicate effectively with athletes, assist athletes to develop new skills, use evaluation tests to monitor training progress and predict performance.

The coaching minor is 18 credit hours and prepares students for employment opportunities in the coaching field. The goal of the program is to develop and produce quality graduates who have the appropriate skills and certifications to obtain employment in the coaching profession. If you have a strong background in a particular sport, or are interested in developing into a coach at any level, then you should consider the coaching minor.

Mission Statement

As a leader in professional preparation and scientific inquiry, the School of Kinesiology will provide high-quality educational experiences for our students, contribute to the scholarly advancement of our academic disciplines, and serve our professional societies and the community-at-large.

bsu.edu/coachingminor

Ball State University is committed to the principles of nondiscrimination and equal opportunity in education and employment. Further, the University is committed to the pursuit of excellence by prohibiting discrimination and being inclusive of individuals without regard to race, religion, color, sex (including pregnancy), sexual orientation, gender identity or gender expression, disability, genetic information, ethnicity, national origin or ancestry, age, or protected veteran status.
About the Program

The undergraduate coaching minor prepares students to coach student-athletes from pre-kindergarten through college. The program emphasizes administration, coaching sports, coaching methods, fitness training assessment, motor development, and anatomy/physiology. We also offer instruction on scientific techniques to observe and analyze skill performances and athletic training classes to aid risk management and injury prevention.

A strong emphasis in the minor is for students to participate in observation of sport practices and competition experiences with all levels of the sport environment. The use of technology in coaching education is another area of emphasis. The program has high expectations for our students and expects them to be engaged in a major degree program while becoming an informed sport coach at any age level.

The Ball State University Coaching Education Program provides an outstanding preparation for students as evidenced by being selected in permanent coaching positions.

The coaching minor develops the knowledge, skills, and professional attitudes and behaviors necessary for an entry-level coaching professional. The academic and coaching instructors continually strive to provide the students with the most current evidence-based techniques and teaching practices through their own continued professional education.

Admission Requirements

- Attain minimum overall GPA of 2.5 at time of application.
- Completion of PEP 231 with a C or better
- Completion of at least 10 hours of field experience in coaching
- Completion of Ball State University Coaching Minor application.

Career Opportunities

The Bureau of Labor statistics projects 6% employment growth for sport coaches between 2014 and 2024, which will add 14,800 new positions to a profession of 250,600. The prospects look particularly good for coaches with advanced training and experience.

According to the U.S. Department of Labor, the driving forces for growth in the coaching field are:

- The need to replace the many high school coaches who will retire or transfer will provide the most coaching opportunities. (The best prospects are for those who are state-certified to teach academic subjects.)
- The increased need, especially at the college level, for coaches in women’s athletics.
- The demand for private sports instruction is expected to grow as parents encourage their children to pursue fitness and their full potential.
- The increasing number of retirees who will need instruction as they participate in leisure activities such as golf and tennis.
- Find some of the latest job postings in the coaching field at:
  - American Alliance for Health, Physical Education, Recreation, and Dance CareerLink page
  - National Collegiate Athletic Association (NCAA) employment page
  - MaxPreps - High School Coaching Spots

Curriculum Requirements

Minor in Coaching (18 hours)

3 hours from
PEP 231 Principles and Philosophies of Coaching Sports 3

12 hours from
AT 240 Prevention and Care of Injury 3
PEP 409 Psychological/Social Issues in Sport 3
PEP 433 Coaching Internship 3
SPST 190 Introduction to Sport Administration 3

3 hours from
AQUA 314 Teaching and Coaching Swimming 3
EXSC 302 Physical Activity Throughout the Lifespan 3
EXSC 360 Exercise Psychology 3
FCFN 340 Principles of Human Nutrition 3
PEP 227 Introduction to Adapted Physical Education/Activity 3
PEP 291 Motor Development and Learning Across the Lifespan 3
SPST 200 Approaches to the Study of Sport 3
SPST 450 Selected Topics in Sports Studies 3
SPTA 300 Sport Law 3

Degree Requirements

A Minor in Coaching is awarded to students who meet the following requirements.

- Maintain overall GPA of 2.5 and Coaching Minor GPA of 2.75.
- Complete 18 credit hours of course work prescribed above.
- Provide proof of current CPR, First Aid, and AED certification. (The completion of PEP 250 may satisfy this requirement.)
- Obtain a National Federation of State High School Association (NFHS) or an American Sport Education Program (ASEP) sport certification in one of the following: baseball, basketball, cheerleading, football, golf, officiating, soccer, softball, Special Olympics, swimming and diving, tennis, track and field, volleyball, wrestling, or general coaching principles.