Coaching Minor

Minor
Minor
Applied Human Sciences
College of Education and Human Service Professions

Why UMD

The coaching minor program prepares graduates to coach in a variety of sites, including schools, public agencies, and youth organizations. The curriculum prepares students to assess, plan, administer, and instruct student athletes.

The coaching minor meets or exceeds the National Association for Sport and Physical Education (NASPE) standards for coaching, with emphasis in coaching and administrative theory, psychology, medical and nutritional concerns, risk management, and skill development.

Sample Courses:

- Functional Anatomy and Sport Injury Management
- Psychological Aspects of Coaching and Athletic Performance
- Coaching Practicum