Coaching Minor

Why UMD

The coaching minor program will prepare you to help individuals and teams achieve their athletic goals. Coaches use aspects of psychology, nutrition and skill development to instruct student athletes in schools, public agencies and youth organizations. The coaching minor meets or exceeds the National Association for Sport and Physical Education (NASPE) standards for coaching.

Sample Courses:

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