

KINESIOLOGY DEPARTMENT

Athletic Coaching Minor
As of Fall 2021

Minor Requirements: 21 semester hours. **At least 9 semester hours must be taken at Aquinas.** This minor is designed for students interested in coaching. This is not a certifiable minor for teaching. Only courses with a grade of C- or better will count toward the minor.

AQUINAS REQUIREMENTS

_____	KN 158 Emergency Medical Response (First Aid/CPR)	3.0
_____	KN 200 Surface Anatomy	2.0
_____	KN 242 Sports Tech. and Research	3.0
_____	KN 245 Sports Officiating	1.0
_____	KN 250 Physiology of Exercise	4.0
_____	KN 251 Nutrition for Sports Performance	3.0
_____	KN 260 Theory of Coaching	3.0
_____	KN 404 Conditioning I	2.0

TRANSFER REQUIREMENTS

_____	HE 100A COMMUNITY FIRST AID AND SAFETY
_____	_____
_____	OFC 111 SPORTS OFFICIATING FOR BASEBALL, BASKETBALL, SOCCER, VOLLEYBALL
_____	_____
_____	HE 102 NUTRITION FOR FITNESS AND SPORT
_____	PEP 203 Fundamentals of Coaching
_____	PEP 200 Essentials of Personal Training

Recommended course for General Education:

_____	BY 150 Human Biology, BY155/156 Anatomy & Physiology I and II, OR BY171 Intro to Cells	4.0
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_____	BIOL 105 Anatomy and Physiology I & BIOL 106 Anatomy and Physiology II or BIOL 103 INTRODUCTORY BIOLOGY
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Other recommended courses:

_____	KN 256 Anatomical/Biomed Kinesiology	4.0
_____	KN 350 Medical Aspects of Athletics	3.0
_____	KN 370 Psychology of Sport & Injury	3.0
_____	KN 405 Conditioning II: Design Programs	2.0
_____	Activity Course(s)	1.0

_____	HE 202A SPORTS INJURIES AND PREVENTION
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Please Note: Aquinas College reserves the right to change, modify, or amend the above-stated requirements and/or courses in its sole discretion and without prior notice.