

New Program Proposal

Viewing: **SPCO : Sport Coaching**

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Proposal Action

Effective Catalog

2024-2025

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Type of Program

Minor

Program Credit hours defined by USHE:

Minor

Major

Recreation and Sport Management

Emphasis

Department

Health & Human Performance

College

College of Health Sciences

CIP Code

310504 - Sport and Fitness Administration/Management.

Catalog Program Title

Sport Coaching

Banner Program Title

Sport Coaching

Banner Program Code

SPCO

Program Rationale

The growth of sport and athletic programs, from youth to professional, have greatly expanded in the past decade demanding a greater need for individuals seeking to coach athletes to be properly educated and trained. Coaching in sports is a multifaceted role that goes beyond teaching specific athletic skills. It encompasses mentorship, motivation, and the holistic development of athletes, contributing to their success both on and off the field. Coaches in Southern Utah (high school and college) were solicited to complete a survey on the content areas needed to be a successful coach. Based on their responses, students will learn the essential skills and knowledge for coaching sport, along with the basics of first aid, sports medicine and sport pedagogy in hopes of developing well-rounded, knowledgeable and

effective coaches. This coaching education program is meant to benefit athletes, the sports community, and the coaching profession as a whole by promoting safety, sportsmanship, and continuous improvement of coaching practices.

Method of Instruction

Traditional and/or Online

Will this Program have external review or accreditation?

No

Program Learning Outcomes

N/A

The Degree Requirements field must include: Program course requirements, program description, admissions requirements, and graduation requirements for proper integration with the catalog.

Degree Requirements

Sport Coaching Minor Requirements

18 credits

Sport Coaching Minor Core Requirements (12 credits)

Course List		
Code	Title	Hours
Complete the following four courses:		
<u>RSM 2100</u>	Principles of Sport Coaching	3
<u>RSM 2520</u>	Methods of Coaching	3
<u>XSCI 1025</u>	Intro to Sports Medicine	3
<u>XSCI 2060</u>	Sport and Exercise Psychology	3

Sport Coaching Minor Elective Requirements (6 credits)

Course List		
Code	Title	Hours
Complete six (6) credits from the following:		
<u>RSM 2600</u>	Recreation and Sport Leadership	3
<u>RSM 3820R</u>	Practicum in Recreation and Sport	1-3
<u>RSM 4020</u>	Sport Governance and Policy	3
<u>XSCI 1543</u>	First Aid / Resp Emergencies	3
<u>XSCI 2200</u>	Nutrition for Sport and Exercise	3
<u>XSCI 4700</u>	Motivation and Coaching	3

COMPLETION REQUIREMENTS

- Complete all courses in the core and two courses from the electives with a grade of C or higher to fulfill the requirements in the minor.

Notes

An academic minor is an attribute of a baccalaureate degree, not an entity by itself, and can only be awarded at the same time a student graduates with a bachelor's degree. Students must declare a minor prior to submitting a graduation application. A minor may not be added to a previously awarded degree. Students must complete the minor requirements prior to or concurrent with completion of their bachelor's degree requirements. Minors are not available with associate's degrees.

Students may not declare a minor that is in the same discipline as their major. Example: English majors cannot declare any English minor. No more than nine credits may be counted toward a major or emphasis and a minor.

Integrated Studies majors may not have an academic minor in the same discipline as either of their two declared emphases. Example: An Integrated Studies major with emphases in English and Spanish cannot receive a minor in either English or Spanish.

Graduation Plan (Degree Map)

Not required for minors

Explain fit within University Mission, Core Themes, and Values

The minor in sport coaching fits well within the university's mission and direction, particularly for majors related to education, exercise science, sport and leisure, and communication as well as for individuals engaging in their communities through sport. Coaching sports is a multifaceted role including teaching specific athletic skills as well as encompassing mentorship, motivation, and the holistic development of athletes. To this end the minor fosters competent and resilient lifelong learners to be successful in careers in coaching and/or as responsible citizens in youth sports as volunteer or paid coaches. Coaching on the youth level is often seen as a public service and requires a sense of collaborative culture, equity and inclusion, and creating mutually beneficial partnerships to use resources efficiently and effectively.

Program Fees

No

Will this program affect enrollments of other UT programs or involve courses taken in different departments?

No