

May 2026

**Bachelor of Sciences in Sport Coaching**

<b>First Year (30 Credit Hours)</b>			
<b>Semester</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Credit Hours</b>
Fall	UNIV 100	First Year Seminar	3
	Core Curriculum requirements	Identity and Communication Package	3
	Core Curriculum requirements	Identity and Communication Package	3
	Core Curriculum requirements	Identity and Communication Package	3
	GNSP 101	Introduction to Sports and Physical Activity	3
		<b>Total Credit Hours for the Semester</b>	<b>15</b>
Spring	Core Curriculum requirements	Identity and Communication Package	3
	Core Curriculum requirements	Identity and Communication Package	3
	Core Curriculum requirements	Social/Behavioral Sciences Package	3
	GNSP 103	Contemporary Issues in Sports	3
	GNSP 105	Sports Ethics and Legal Issues	3
		<b>Total Credit Hours for the Semester</b>	<b>15</b>
<b>Second Year (31 Credit Hours)</b>			
<b>Semester</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Credit Hours</b>
Fall	Core Curriculum requirements	Natural Sciences and Mathematics Package	3
	Core Curriculum requirements	Identity and Communication Package	3
	GNSP 204	Introduction to Sports Management and Marketing	3
	GNSP 206	Introduction to Sports Coaching	3
	GNSP 208	Sports Psychology	3
		<b>Total Credit Hours for the Semester</b>	<b>15</b>
Spring	Core Curriculum requirements	Core Knowledge and Skills Package	3
	COCH 225	Biomechanics and Functional Kinesiology	3
	COCH 227	Psychological Aspects of Physical Activity	3
	COCH 229	Sport Injuries	3
	COCH	Major supporting electives	1
		Major electives	3
		<b>Total Credit Hours for the Semester</b>	<b>16</b>

<b>Third Year (32 Credit Hours)</b>			
<b>Semester</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Credit Hours</b>
Fall	Core Curriculum requirements	Core Knowledge and Skills Package	3
	COCH 322	Exercise Physiology	3
	COCH 324	Motor Learning and Control	3
	COCH 326	Adaptive Sports and Physical Activity	3
	COCH	Major supporting electives	1
		Concentration requirements	3
		<b>Total Credit Hours for the Semester</b>	<b>16</b>
Spring	COCH 321	Measurement and Evaluation	3
	COCH 323	Sports Performance Analysis	3
	COCH 325	Nutrition for Athletics	3
	COCH	Major supporting electives	1
		Major Electives	3
		Concentration requirements	3
		<b>Total Credit Hours for the Semester</b>	<b>16</b>
<b>Fourth Year (27 Credit Hours)</b>			
<b>Semester</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Credit Hours</b>
Fall	COCH 499	Internship in Applied Coaching	6
	COCH 422	Psychology of Peak Performance	3
	COCH 424	Weight Training Strength And Conditioning	3
		Concentration requirements	3
		<b>Total Credit Hours for the Semester</b>	<b>15</b>
Spring	COCH 488	Practicum in Coaching	6
		Concentration requirements	3
		Concentration requirements	3
		<b>Total Credit Hours for the Semester</b>	<b>12</b>