

CALIFORNIA STATE UNIVERSITY, FRESNO  
DEPARTMENT OF KINESIOLOGY

<b>MINOR IN SPORTS COACHING</b>
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COURSES	UNITS
<b>I. <u>Principles of Coaching and Motivation</u> (2 courses)</b>	<b>6</b>
KINES 33      Foundations of Sport & Exercise Psychology	3
KINES 162     Coaching Concepts	3
<b>II. <u>Coaching Techniques and Tactics</u> (Select 1)</b>	<b>3</b>
KINES 125A   Coaching Football	3
KINES 125B   Coaching Basketball	3
KINES 125C   Coaching Track & Field	3
KINES 125D   Coaching Baseball	3
<i>For coaches of other sports:</i>	
KINES 190     Independent Study	3
<b>III. <u>Exercise and Fitness Principles</u> (2 courses)</b>	<b>3</b>
KINES 25      Principles of Resistance Training/Muscular Fitness	1
KINES 32 <sup>1</sup> Lifetime Fitness and Wellness	2
<b>IV. <u>First Aid</u> (Select 1)</b>	<b>0-3</b>
HS 48          First Responder and Emergency Care	3
Sport First Aid (American Sport Education Program)	0
Sport Safety Training (American Red Cross)	0
<b><u>TOTAL NUMBER OF UNITS</u></b>	<b>12</b>

<sup>1</sup> Please see a Kinesiology advisor if you intend to double-count KINES 32 for one of your General Education (GE) requirements, because you will also be required to complete an approved 1-unit KAC.