

COACHING (COAC)

COAC 101. Coaching Effectiveness. (3 Credits)

Introduction to sport science including the fields of sport psychology, sport pedagogy, sport physiology, and sport management. Introduction to the rules and regulations of the New York State Public High School Athletic Association (NYSPHSAA). One of three courses fulfilling New York State requirements for coaching certification. 3 credits (3 lecture hours), fall or spring semester

COAC 102. Theory Technique Coaching. (2 Credits)

This course introduces the student to the basic concepts of coaching in New York State including general instructional strategies, rules and regulation of play, and periodization of training. Topics to include athletic security and safety, organization and management of practices and sport specific training. One of three courses fulfilling New York State requirements for coaching certification. 2 credits (2 lecture hours) fall or spring semester

COAC 103. Health Related Aspect Coaching. (3 Credits)

Examines the responses of the body to exercise and the relationship between various physiological systems and athletic performance and improvement. Provides the basic principles of conditioning and nutrition to enable development of safe and effective training and nutritional programs for athletes. Includes basic first-aid and safety as related to athletic participation. One of three courses fulfilling New York State requirements for coaching certification. 3 credits (3 lecture hours) spring semester