



COLLEGE OF HEALTH
AND WELLNESS PROFESSIONS
ST. CLOUD STATE UNIVERSITY

Program of Study
Athletic Coaching Minor (20 Credits)

Department of Kinesiology

E-mail: kinesiology@stcloudstate.edu

URL: <http://www.stcloudstate.edu/kinesiology/>

Phone: (320)-308-4251 Building: Halenbeck Hall – 327

Name:	Student Tech ID:	Enrollment Date:
Program:	Advisor:	

	Course Number and Title	Goal Area	Credit Hours	Semester Offered	Grade
Required Courses	HLTH 210 – Principles of Nutrition	3	3	F, S, SU	
	PESS 304 – Principles of Care and Prevention of Athletic Injuries		3	F	
	PESS 370 – Principles of Coaching		3	F, S	
	EXSC 451 – Strength and Conditioning for Sport Performance		3	S	
	PESS 491 – Sport Psychology		3	S	
	PESS 431 – Coaching Practicum*		1	F, S, SU	
Select two courses (4 Credits) from the following:	PESS 257 – Coaching of Track and Field		2	F (odd year)	
	PESS 251 – Coaching Basketball		2	F (odd year)	
	PESS 255 – Coaching of Football		2	F (odd year)	
	PESS 254 – Coaching of Hockey		2	F (even year)	
	PESS 258 – Coaching of Volleyball		2	F (even year)	
	PESS 221 – Coaching of Wrestling		2	S (even year)	
	PESS 253 – Coaching of Swimming and Diving		2	S (even year)	
	PESS 259 – Coaching of Tennis		2	S (even year)	
	PESS 250 – Coaching of Soccer		2	S (odd year)	
	PESS 256 – Coaching of Baseball		2	S (odd year)	
	PESS 260 – Coaching of Softball		2	S (odd year)	

*PESS 431 Coaching Practicum Enrollment Requirements:

- 2.5 minor GPA to enroll in PESS 431
- Current CPR/AED and First Aid certification
- Students are able to coach multiple sport seasons for additional credits, up to 3 total credits