

COACHING MINOR

Department of Education (<https://catalog.washcoll.edu/catalog/departments-programs/education/>)
Division of Social Sciences

The coaching minor is designed to support the theoretical, pedagogical, and practical content and skill development of students interested in pursuing work in athletic coaching. Core courses focus on understanding how people learn, instructional practices across the lifespan, professional leadership, and physical health and wellbeing of athletes. Required Education field experiences place Washington College students with coaches working with athletes of all ages on campus and across the community for opportunities to watch and learn from experts in the field. Required Wellness and Personal Development courses allow students to broaden their athletic skills while also taking on the role of learner in a new subject area that they may ultimately be required to teach.

Utilizing the SHAPE (Society for Health and Physical Educators) coaching standards, this program will provide students with the knowledge and skills necessary to be effective athletic coaches at all levels. SHAPE National Standards for Sports Coaches outline knowledge, skill, and performance requirements in 7 key areas:

1. Set Vision, Goals and Standards for Sport Program: Sport coaches establish a clearly defined coaching philosophy and vision for their program. They develop, implement and manage the goals for the program, in collaboration with sport program directors.
2. Engage in and Support Ethical Practices: Sport coaches understand the importance of ethical practices, engage in ethical behavior, abide by codes of conduct affiliated with their sport and coaching context, and teach ethical behavior in their sport program.
3. Build Relationships: Sport coaches develop competencies to effectively communicate and collaborate with, educate, and support all stakeholders associated with the sport program (e.g., athletes, administrators, assistant coaches, support staff, referees, sports medicine professionals, program supporters, parents, media).
4. Develop a Safe Sport Environment: Sport coaches create an emotionally and physically safe sport environment by following the practices outlined by sport organizations, coaching science, and state and federal laws.
5. Create a Positive and Inclusive Sport Environment: Sport coaches develop practices to maximize positive outcomes for their athletes by building season plans that promote physical, psychological and social benefits for their athletes and encourage participation in sport. Sport coaches implement strategies to promote participation of all athletes.
6. Conduct Practices and Prepare for Competition: Sport coaches draw upon current coaching science, sport-specific knowledge, and best practices to conduct quality sport practices, prepare athletes for competition, and effectively manage contests. This practice can be framed around how coaches plan, teach, assess and adapt in practices and competition.
7. Strive for Continuous Improvement: Sport coaches continually improve through self-reflection, mentorship, professional development, evaluation, and self-care.

Code	Title	Credits	Notes
Required Courses		17	
BUS 336	Sports Leadership		
EDU 252	Educational Psychology		
WPD 117	Basic Sports Performance & human Movement		
WPD 151	Methods of Coaching		
WPD 194	Special Topics ¹		
Required Fieldwork			
EDU 121	Coaching Field Experience		
EDU 376	Coaching Internship		
EDU 216	Clinical Field Experience - Secondary		
WPD Elective Courses			
WPD 102	Bodyweight & Core Conditioning		
WPD 103	Sailing		
WPD 105	Basics of Golf		
WPD 106	American Red Cross Lifeguarding/ CPR		
WPD 125	Hatha Yoga		
WPD 135	Basics of Swimming		
WPD 147	Personal Training Certification		
WPD 194	Special Topics ²		
WPD 240	Practicing Mindfulness		

or PSY 240	Practicing Mindfulness	
Total Credits		17

- ¹ When offered as Sports Medicine.
- ² When offered as Beach Tennis.

Major

- Human Development Major (without Teacher Certification) (<https://catalog.washcoll.edu/catalog/departments-programs/education/human-development-major-without-teacher-certification/>)
- Human Development Major (with Teacher Certification) (<https://catalog.washcoll.edu/catalog/departments-programs/education/human-development-major-teacher-certification/>)

Minor

- Education Studies Minor (<https://catalog.washcoll.edu/catalog/departments-programs/education/education-studies-minor/>)
- School Counseling Minor (<https://catalog.washcoll.edu/catalog/departments-programs/education/school-counseling-minor/>)