

PHYSICAL EDUCATION - COACHING, MINOR

Great coaches bring out the best in their athletes. Whether it's perfecting a technique or learning good sportsmanship, coaches lead their team to victories on and off the field. The minor in Coaching at SRU prepares coaches to make ethical decisions related to development, implementation, and evaluation of athletic experiences.

WHY CHOOSE COACHING?

If you have a passion for sports, a knack for connecting with others, and the spark to lead, the minor in Coaching will prepare you for an exciting career. As organized sports continue to grow, the need for qualified and competent coaches is rising. When you minor in Coaching at SRU, you'll gain the skills you need to provide the best experience and opportunities for athletes of all ages and levels.

WHAT WILL YOU LEARN?

You will be prepared to coach athletes of all ages with the skills you gain through this minor. Courses in the philosophy and psychology of coaching, psychological and sociological bases of sport, motor development and learning, and sports officiating will give you the fundamentals you will need to be an effective coach.

You will also complete three practicum experiences where you will have hands-on experience working with three different athletic teams of their choice. Opportunities range from coaching at local YMCAs, youth and community sports, high school teams, college programs, and even adult leagues. You can gain experience beyond traditional team sports like baseball, softball, basketball, football, and soccer. Options also include rugby, deck hockey, ice hockey, tennis, wrestling and gymnastics, to name a few. Your practicum experiences can be individually structured based on your interests and experiences.

To access Minor Requirements, please view the Curriculum Guide tab.

Related Links

Professional Licensure/Certification Page (<https://www.sru.edu/students/student-consumer-information/professional-licensures/>)

Curriculum Guide

GPA Requirements

Minor GPA: 2.0 or higher

Minor Requirements

- Students must complete at least 6 credit hours in their minor from SRU
- A minimum of 6 credit hours must be upper division (courses numbered 300 and above)
- A minor shall be no fewer than 18 credits.

Code	Title	Hours
Coaching Minor Required Courses		
PHED 270	Psychological and Sociological Bases of Sport	3
PHED 301	Sports Officiating	3
PHED 369	Philosophy and Psychology of Coaching	3

PHED 378	Teaching and Leading of Strength and Resistance Training	3
PHED 306	Conditioning for Athletic Performance	3

Required Practicum Experience

PHED 266	Disability Sport in the 21st Century: A Global Perspective ¹	3
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Total Hours 18

¹ Must be taken three times

* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

Important Curriculum Guide Notes

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. *The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.*

PASSHE - Pennsylvania State System of Higher Education Institutions

MINOR IN COACHING (61E)

This program is effective as of Fall 2018.

Revised: 09.18.2025