



Minor in Athletic Coaching
Department of Kinesiology and Health Studies
Southeastern Louisiana University

Many students majoring in teacher certification degrees are interested in coaching athletics. In Louisiana, coaches of interscholastic sports are not required to complete an academic certification or take college courses specific to coaching. However, there is a significant demand for school-based coaches, and administrators often indicate interest in universities helping to prepare future coaches since the time spent as an athlete and/or as a volunteer coach may not provide adequate background. In addition to future teachers, other individuals have an interest in coaching youth or recreational sport, or coaching at advanced levels.

Many courses in the minor are offered on a regular basis at least twice a year. Those marked with an asterisk are offered on a rotating basis.

For more information, contact Louis Dugas at louis.dugas@selu.edu or 985-549-3823

Courses required are:

Health Studies 131: Emergency Health Care
Kinesiology Lab 214: Fundamentals of Fitness and Conditioning
*Kinesiology 235: Foundations of Coaching

One course selected from:

Kinesiology 251: Motor Development
Kinesiology 321: Motor Learning
Kinesiology 334: Social Aspects of Sport
Kinesiology 436: Psychosocial Dimensions of Physical Activity

One course selected from:

*Kinesiology 300: Mitigating Risk and Minimizing Injuries
Kinesiology 366: Facility and Event Management
Kinesiology 380: Legal and Ethical Issues in Sport

Two courses selected from:

*Kinesiology 301: Coaching Baseball and Softball
*Kinesiology 302: Coaching Basketball
*Kinesiology 303: Coaching Football
*Kinesiology 304: Coaching Volleyball
*Kinesiology 305: Coaching Cross Country and Track & Field
*Kinesiology 306: Special Topics in Coaching
