

Coaching Minor

This checklist is based on the 2026-27 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward completion of the minor.

Curriculum Checklist

REQUIRED COURSES (15 credits)

- ☐ SPMG330 Psychology of Coaching
- ☐ SPMG333 Sport and Society
- ☐ Choose 1: HLPE115, 125, 130, 201, 140, or approved EXER activity course

(choose 2 from HLPE140, HLPE260, HLPE262, and EXER287)

- ☐ HLPE260 Methods & Applications of Coaching
- ☐ HLPE262 Principles of Coaching
- ☐ EXER287 Introduction to Coaching
- ☐ HLPE140 Wellness for Life

ELECTIVES (6 CREDITS)

- ☐ HLPE252 Physical Activity, Movement, & Sport / Individuals w/ Disabilities
- ☐ HLPE140 Wellness for Life (if not counted as core option)
- ☐ HLPE150 Using Trending Technologies for Wellness
- ☐ HLPE245 Health & PE in the Elementary School
- ☐ HLPE450 Physical Education Professional Field Experience
- ☐ EXER261 First Aid and Safety
- ☐ EXER294 Resistance Training Techniques
- ☐ EXER282 Care and Prevention of Athletic Injuries

Total Credits *Required for the Minor* (21 Credits)

Campus Locations

- | | |
|-------------------|--|
| Bloomsburg | ☒ Online; ☒ In-person; ☒ Blended |
| Lock Haven | ☒ Online; ☒ In-person; ☒ Blended |
| Mansfield | ☒ Online, ☒ In-person; ☒ Blended |