

ESS 328 : Theory of Coaching

This course is an overview of current theory and practice in coaching education. Topics include sport pedagogy, physiology, psychology, administration and risk management. This course addresses issues common across all levels of performance and competition as well as issues specific to child, youth and collegiate coaching. Principles of coaching are applied in a laboratory setting.

Credits 4

Prerequisite Courses

[ESS 100: Personal Health and Wellness](#)

Semester Offered

Offered fall of odd-numbered years