

# COACHING EDUCATION, M.S.

The master's degree in coaching education prepares candidates to holistically develop a variety of audiences including athletes, performing artists, military service members and first responders. There are two-degree concentrations: Athletic Coaching and Mental Performance Coaching. Experiences in both concentrations are guided by research, theory and best practices.

The athletic coaching concentration prepares athletic coaches in alignment with the National Standards for Sport Coaches (NSSC) where physical, psychological and social pillars of development shape athlete experiences for sport and life. Program outcomes foster the development of competent coaches who are able to lead interactively by problem solving, valuing and critical thinking. Knowledgebase

The mental performance coaching concentration prepares students with a knowledgebase for enhancing optimal performance, personal growth and wellbeing through the development of mental and emotional skills, attitudes, perspectives and strategies. Coursework prepares students to sit for the Association of Applied Sport Psychology's Certified Mental Performance Consultant (CMPC) certification exam. It does not provide opportunities for meeting all of the 400 CMPC-supervised hours necessary to take the exam.

## Degree Requirements (30 hours)

Successful completion of 30 graduate hours as follows:

### Coaching Core (18 hours)

Course	Title	Credits
PEDU 647	Coaching Ethics, Law and Compliance	3
PEDU 650	Theoretical Foundations of Athletic and Mental Performance Coaching	3
PEDU 710	Measurement and Research in Physical Education	3
PEDU 730	Psychosocial Aspects of Athletic Performance and Injury Rehabilitation	3
PEDU 731	Motor Skill Learning	3
PEDU 745	Principles and Applications for Long-Term Athletic Development	3
<b>Total Credit Hours</b>		<b>18</b>

### Concentration (6 hours)

Course	Title	Credits
Select one of the following concentrations:		
<b>Athletic Coaching Concentration</b>		<b>6</b>
PEDU 744	Coaching Administration and Management	
PEDU 746	Growth and Development Principles for Athlete Selection and Coaching	
<b>Mental Performance Coaching Concentration</b>		<b>6</b>
PEDU 660	Counseling Student Athletes	
PEDU 743	Psychopathology among Athletes and Performers	

### Track-Specific Practicums (6 hours)

Course	Title	Credits
PEDU 748	The Art and Science of Coaching Applications	3
PEDU 749	Practicum for Coaching Athletes and Performers	3
<b>Total Credit Hours</b>		<b>6</b>

### Comprehensive Assessment

Successful completion of a master's comprehensive assessment in the form of a portfolio to be evaluated by the student's program of study committee