

# COACHING EDUCATION, M.S.

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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.