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LaGrange College

Course Catalog - Coaching

Minor in Coaching - Minor in Coaching

Type:Minor

All students who earn the minor in Coaching are required to take [EXCS 2000](#), *Introduction to Exercise Science*, and [EXCS 3310](#), *Coaching Theory and Methods*.

Students must then take four (4) of the following courses to fulfill the requirements of the Coaching Minor.

- [EXCS 1154](#) First Aid: Responding to Emergencies
- [EXCS 2311](#) Survey of Strength & Conditioning
- [EXCS 3305](#) Sports Psychology
- [EXCS 3313](#) Leadership in Physical Education and Athletics
- [EXCS 3332](#) Prevention and Care of Athletic Injuries/Illness
- [EXCS 3360](#) Motor Behavior and Control
- [EXCS 4311](#) Principles of Strength & Conditioning
- [EXCS 4325](#) Exercise and Sports Nutrition
- [EXCS 4400](#) Internship in Physical Education/Coaching

To count toward the minor, students must pass all courses with minimum grade of “C-.”

Students who major in Exercise Science may count no more than two courses from the major toward the coaching minor.

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LaGrange College

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