

Alfred University College of Professional Studies offers new coaching minor for students

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Alfred University's College of Professional Studies now offers a minor in Coaching, expanding the range of majors and minors in the field of Health in Human Performance to meet the interests of students who wish to work in the arena of athletics.

The minor includes three Coaching courses required by the State of New York: Philosophy, Principles and Organization of Athletics; Health Sciences Applies to Coaching, and Theories and Techniques for Coaching Sport. Alfred University's minor also includes courses that will deepen students' knowledge of nutrition, conditioning, first aid and CPR, injury prevention, and the role of sports in society.

Coaching minors also will be required to complete two elective courses, which may include: Prevention and Care of Athletic Injuries; Personal Health; Introduction to Sports Management; and Sports, Society and Ethics.

In announcing the new minor, Antonio Williams, assistant dean for the College of Professional Studies, notes the minor meets the coursework requirements for coaching certification in New York state schools. Williams also notes the new minor will require students to participate in a faculty-supervised practicum in which the student applies theoretical knowledge to actual situations.

The 30-hour practicum requires at least 15 hours of applied practice be completed in a secondary school setting, while the remaining hours will be completed in a collegiate athletic setting.

The College of Professional Studies also offers two majors in the field of Health and Human Performance: Athletic Training and Health Fitness Management. Minors in Health and Human Performance, in addition to Coaching, include Sports Management and Exercise Science.