

Coaching Program in the Kinesiology Department 2020 - 2021

The Kinesiology Department - KIN

The Kinesiology Department includes five majors: athletic training, exercise science, coaching, sport studies, and fitness development. All five majors lead to a Bachelor of Science (B.S.) degree. **This flyer describes the B.S. degree in Coaching.**

Coaching

A coach is a professional whose occupation is to assist athletes and athletic teams in the enhancement of sports performance. The Bachelor of Science in Coaching provides the academic preparation to those students wanting a career in the coaching profession. Academic content includes study in the key sports science disciplines described by the National Association for Sport and Physical Education's (NASPE) domains of coaching effectiveness, which stress the understanding of established principles in the relevant sport science areas. This concentration contains a unique sequence of subjects that focus on the theory and practice of coaching. It also provides students with an experiential learning component with a coaching internship.

Program objectives are established to make students aware of the multiplicity of the demands involved in coaching and the important role that coaches have in society. Through this program, students will gain the knowledge and expertise to become successful sports coaches on several levels including sports programs in junior high or high school, college and at the international level.

Career Opportunities

Many students are initially interested in an undergraduate program in coaching is because they enjoyed sport throughout their formative years and participating in physical activities. The opportunity to study the scientific foundation of coaching is often appealing. In fact, students may have the opportunity to work in any of the levels of sport. These opportunities include junior high and high school, college, the international and Olympic levels as well as semi-professional and professional levels of sport. Other students who major in coaching may use their undergraduate program as a stepping-stone to work or study in the health, fitness or sport management areas.

Kinesiology Faculty

Augustine, Jacqueline A. , Ph.D. (Exercise Science) Syracuse University	Area: Exercise Science
Bauer, Jeffrey A. Ph.D. (Biomechanics) Pennsylvania State University	Area: Biomechanics
Bellovary, Bryanne , Ph.D. (Exercise Physiology) U of New Mexico	Area: Exercise Physiology
Bryant, Tim M.S. (Exercise Science) Western Illinois University	Area: Behavioral and Social Science
Buckenmeyer, Phil Ph.D. (Exercise Physiology) University of Maryland	Area: Exercise Physiology, Athletic Training
Comins, Sonya M.S.Ed. (Health Education) SUNY Cortland	Area: Athletic Training and Health Education
Crossway, Ashley , DAT (Athletic Training) Indiana University	Area: Athletic Training
Dames, Kevin , Ph.D. (Biomechanics) University of Northern Colorado	Area: Biomechanics
Davis, Ryan , DSc, ATC (Health Science) Rocky Mountain University	Area: Athletic Training and Health Education
Dearie, Alyson M.S. (Health Sciences) James Madison University	Area: Athletic Training
Donnelly, Patrick M.S. (Exercise Science) Syracuse University	Area: Athletic Training
Donnelly, Trisha M.S. (Physical Education) Western Michigan University	Area: Athletic Training
Fiddler, Ryan Ph.D. (Health & Human Performance) Oklahoma State Univ	Area: Health & Nutrition
Gunn, Lacy M.S. (Kinesiology) University of Massachusetts	Area: Athletic Training
Lind, Erik PhD (Kinesiology) Iowa State University	Area: Sports Studies
Hokanson, James F. Ph.D. (Exercise Physiology) U. of Cal – Berkeley	Area: Exercise Physiology
Hurley, Wendy Ph.D. (Motor Behavior) Pennsylvania State University	Area: Motor Behavior and Athletic Training
Jackson, Alexander MS Library Science, University of Buffalo	Area: Computer Applications and Technology
Lee, Yomee Ph.D. (Cultural Studies) Ohio State University	Area: Cultural Studies, Sport Sociology
McGinnis, Peter Ph.D. (Biomechanics) University of Illinois	Area: Biomechanics
Newhall, Kristine , Ph.D. (Women's Studies) University of Iowa	Area: Sports Studies
Parks, Jason, PhD. (Exercise Physiology) Kent State	Area: Exercise Physiology
Polasek, Katherine Ph.D. (Kinesiology) Temple University	Area: Sport and Exercise Psychology (Department Chair)
Rayl, Susan Ph.D. (Sport History) Pennsylvania State University	Area: Sport History
Richardson, Brian Ph.D. (Kinesiology) Penn State University	Area: History and Philosophy

Coaching Major

****Distribution of Courses**

Hours

General Education and Liberal Arts

- CPN 100: Academic Writing I 3
- CPN 101: Academic Writing II 3
- General Education Courses 28
- Foreign Language 3

Liberal Arts Requirements

- PSY 101: General Psychology 3
- BIO 301: Anatomy and Physiology I 3
- BIO 302: Anatomy and Physiology II 3

Coaching Theory Core

- EXS 111 Computer Appl-Exercise Science 3
- EXS 100: Intro to Kinesiology or EXS197 3
- EXS 287: Soc-Psych Aspects of Activity 3
- EXS 380: Motor Behavior 3
- EXS 351: Philosophy of Sport (WI) 3
- EXS 387: Biomechanics 3
- EXS 397: Exercise Physiology 3
- EXS 420: Hist: Phys Act & Spt in Am Cult 3

Activity Core

- PED 181: Adventure Activities 1
- PED 282: Health-related Physical Fitness 1
- Aquatics activity elective 1
- Activity electives 2

Coaching Requirements

- HLH 120: Responding to Emergencies 2
- PSY 333: Developmental Psychology 3
- EXS 230: Foundations of Coaching 3
- EXS 325: Principles of Strength and Condition 3
- EXS 346: Sport and Exercise Psychology 3
- ATR 421: Athl. Injury: Risk management 3
- EXS 410: Ethics in Sport 3
- EXS 311: Legal Issues in Sport 3
- EXS 455: Phil., Prin., and Adm of Sport 3
- PED 404-419: Coaching Clinic 2

Practica/Internship Requirements

- EXS 260: Coaching Practicum I 1
- EXS 360: Coaching Practicum II 1
- EXS 475: Internship in Coaching 6

Required Workshops (non-credit) CAR/SAVE 0

Professional Elective 3

Free Electives 10

Total Hours Required for Graduation 124
Meets liberal arts requirements

**Coaching Major
Suggested Course Sequence**

Fall – 1		Spring – 1	
EXS 100 or 197	3	CPN 101	3
BIO 110 (GE2)	4	GE	3
COR 101	1	PSY 101	3
CPN 100	3	EXS 111	3
HLH 120	2	GE	3
GE	3	PED 282	1
	16 cr		16 cr
			32/32
Fall – 2		Spring – 2	
BIO 301	3	BIO 302	3
EXS 230	3	EXS 380	3
EXS 287	3	GE	3
GE	3	PED Elective	1
GE	3	GE	3
PED 181	1	FOR LANG	3
	16 cr		16 cr
			32/64
Fall – 3		Spring – 3	
Professional Elective	3	EXS 311	3
EXS 387	3	EXS 397	3
EXS 325	3	PSY 333	3
EXS 351	3	EXS 360	1
EXS 260	1	EXS 346	3
GE	3	Free Elective	3
	16 cr		16cr
			32/96
Fall – 4		Spring – 4	
EXS 420	3		
Aquatics elective	1	ATR 421	3
EXS 410	3	EXS 455	3
PED 404-419	2	EXS 475	6
Free electives	6	PED elective	1
	15 cr		13 cr
			28/124

Contact Information

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