

## **HHP 150 An Introduction to Coaching Theory**

2 hours

**Majors, Minors & Degrees:**

**Minors**

Coaching

**Departments/Programs:**

Health and Human Performance

A course designed to develop and expand information about coaching, coaching styles, and coaching strategies. The course will cover practical coaching theories and include information about organization, communication, and motivation.

(Normally offered each spring semester.)