**Nebraska Wesleyan University**

# Coaching

## Catalog

2026-2027

## Departments

1. Health and Human Performance (Undergraduate)

### Coaching Minor (18-19 hours)

| Required Courses: Coaching Methods | 10 hours |
|---|---|
| HHP 1270 Advanced Emergency Care | 1 hour |
| HHP 1500 Introduction to Coaching Theory | 2 hours |
| HHP 2760 Sport and Exercise Psychology | 2 hours |
| HHP 3000 Coaching Practicum | 2 hours |
| HHP 3150 Principles of Sport Performance | 3 hours |

| Sports Studies | 6 hours |
|---|---|

Select 3 courses:

- HHP 1760 Sports Studies - An Introduction to Football
- HHP 1770 Sports Studies - An Introduction to Volleyball
- HHP 1780 Sports Studies - An Introduction to Basketball
- HHP 1790 Sports Studies - An Introduction to Baseball/Softball
- HHP 1800 Sports Studies - An Introduction to Soccer
- HHP 1810 Sport Studies - An Introduction to Track/Cross Country
- HHP 1820 Sport Studies: An Introduction To Wrestling
- HHP 1840 Sports Studies: An Introduction to Swimming

| Electives | 2-3 hours |
|---|---|

Select 1 course:

- HHP 1740 Sport in Society
- HHP 2500 Basic Human Nutrition
- HHP 3210 Current Issues and Ethics in Sport
- HHP 3700 Sport Law and Governance