Coaching and Sport Education, M.S.

Degree Offered

• Master of Science

Nature of the Program

The Master of Science in Coaching and Sport Education (delivered on-campus) is designed for professional learners interested in further developing their technical skills and enriching their capacity to support athletes in high-performance settings. The program is the ideal fit for those looking to better understand the demands of sport coaching and the factors that influence peak athlete performance in individual and team sports. The curriculum incorporates a unique balance of theoretical and applied courses that are designed to meet the needs of coaches in today’s dynamic sport industry. The primary goal of the Coaching and Sport Education program is for students to graduate with the essential skills and knowledge necessary to work with athletes in a variety of contexts across their lifetime.

The curriculum builds upon a multi-dimensional framework that outlines the fundamental competencies that sport coaches must master to facilitate the long-term development of their athletes and teams. These competencies address the pedagogy of sport coaching, reflection and critical thinking, professionalism and ethics, and use of technology. In addition to an academic core that includes courses in training theory, motor behavior and sport psychology, movement analysis, coaching administration, healthy competitive environments, and strength/conditioning. In addition, students have the opportunity to further specialize their plan of study by selecting an area of emphasis in Leadership, Sport Science and Technology, or Sport Management.

Admissions

CRITERIA

The following supplemental materials will be used to evaluate applications for admission to the Coaching and Sport Education master’s program:

• Resume: including coaching background, sport participation, sport-related awards, and employment and/or experience (e.g., athletic administration, officiating, volunteering)
• Personal statement: 1-2 written pages on professional goals and reasons for seeking admission
• Letters of recommendation (2)

Note: Students who do not meet the 2.75 grade point average requirement may be admitted as a provisional graduate student only if their GPA is between 2.50 and 2.75. If a student is admitted as a provisional student they are required to attain a 3.0 GPA in their first 9 hours of adviser approved course work in order to remain in the program and to be reclassified as a regular graduate student.

Priority Deadline is December 15th. Any applications submitted after the December 15th deadline will be considered if space is still available in the program.

No more than twelve graduate hours may be taken toward the master’s degree as a non-degree seeking graduate student.

Admission Requirements 2023-2024

The Admission Requirements above will be the same for the 2023-2024 Academic Year.

Major Code: 5530

Degree Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACE 508</td>
<td>The Profession of Sport Coaching</td>
<td>3</td>
</tr>
<tr>
<td>ACE 510</td>
<td>Training Theories for Coaches</td>
<td>3</td>
</tr>
<tr>
<td>ACE 518</td>
<td>Psychology of Coaching</td>
<td>3</td>
</tr>
<tr>
<td>or SEP 640</td>
<td>Sport and Performance Psychology</td>
<td></td>
</tr>
<tr>
<td>ACE 522</td>
<td>Motor Behavior for Sport Coaches</td>
<td>3</td>
</tr>
<tr>
<td>ACE 530</td>
<td>Coaching Education Administration</td>
<td>3</td>
</tr>
<tr>
<td>ACE 539</td>
<td>Create Healthy Competitive Environments</td>
<td>3</td>
</tr>
<tr>
<td>ACE 568</td>
<td>Sport Movement Analysis</td>
<td>3</td>
</tr>
<tr>
<td>ACE 569</td>
<td>Strength and Conditioning Methods for Coaches</td>
<td>3</td>
</tr>
<tr>
<td>ACE 585</td>
<td>Applied Professional Development</td>
<td>3</td>
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Area of Emphasis

Sport Science and Technology 9
Areas of Emphasis

- Leadership (p. 2)
- Sport Management (p. 2)
- Sport Science and Technology (p. 2)

Leadership Area of Emphasis Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>LDR 501</td>
<td>Advanced Leadership Theory and Practice</td>
<td>3</td>
</tr>
<tr>
<td>LDR 551</td>
<td>Advanced Problems in Leadership</td>
<td>3</td>
</tr>
<tr>
<td>LDR 601</td>
<td>Applied Leadership in the Workplace</td>
<td>3</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>9</td>
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</table>

Sport Management Area of Emphasis Requirements

Select three of the following: 9

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>SM 516</td>
<td>Sport Marketing Research Methods</td>
</tr>
<tr>
<td>SM 527</td>
<td>Legal Issues in Sport Administration</td>
</tr>
<tr>
<td>SM 535</td>
<td>Sport Management Processes</td>
</tr>
<tr>
<td>SM 546</td>
<td>Sport Marketing</td>
</tr>
<tr>
<td>SM 570</td>
<td>Sport Finance</td>
</tr>
<tr>
<td>SM 575</td>
<td>Fund-Raising and Development</td>
</tr>
<tr>
<td>SM 621</td>
<td>Sport Publicity/Public Relations</td>
</tr>
<tr>
<td>SM 660</td>
<td>NCAA Compliance and Current Issues</td>
</tr>
<tr>
<td>Total</td>
<td></td>
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</table>

Sport Science and Technology Area of Emphasis Requirements

Select three of the following: 9

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACE 573</td>
<td>Advanced Strength and Conditioning Coaching Techniques</td>
</tr>
<tr>
<td>ACE 587</td>
<td>Strength and Conditioning Program Design Coach</td>
</tr>
<tr>
<td>ACE 553</td>
<td>Applied Statistics in Sport Science</td>
</tr>
<tr>
<td>ACE 557</td>
<td>Intro to Sport Technology and Sport Science</td>
</tr>
<tr>
<td>ACE 558</td>
<td>Internship Practicum and Data Collection</td>
</tr>
<tr>
<td>ACE 559</td>
<td>Internship Practicum and Data Analysis</td>
</tr>
<tr>
<td>Total</td>
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</tbody>
</table>

Major Learning Outcomes

COACHING AND SPORT EDUCATION

The goal of the program is for students to graduate with the essential skills and knowledge to work with athletes in a variety of contexts across their lifetime.

- **Content Knowledge** – Students will demonstrate knowledge and disciplinary concepts related to the pedagogy of sport coaching.
- **Reflection and Critical Thinking** – Students will demonstrate reflection and critical thinking in order to refine professional practice and promote lifelong athlete development.
- **Professionalism and Ethics** – Students will demonstrate professional behaviors, including commitment to excellence, valuing diversity and collaboration, service to others, and techniques for lifelong learning.
- **Technology** – Students will be able to demonstrate the use of different forms of technology to assess skills and provide meaningful feedback.
COURSES

ACE 508. The Profession of Sport Coaching. 3 Hours.
An interaction-based course pertaining to professional coaching, coaching theory, and the engagement in problem solving and critical thinking in the profession of sport coaching.

ACE 510. Training Theories for Coaches. 3 Hours.
This course is designed to promote critical thinking, problem solving and use of current training theories for best practice in coaching across all levels to develop and nurture talent.

ACE 518. Psychology of Coaching. 3 Hours.
In-depth understanding of the psychology of coaching athletes and application of this knowledge into coaching practices for optimal athlete development and performance. Contemporary issues also covered.

ACE 522. Motor Behavior for Sport Coaches. 3 Hours.
Designed to increase coaches' understanding of how athletes learn motor skills. Theories of motor learning, techniques to provide effective instruction, practice design, stages of learning, assessment, and coaching strategies to structure training and practice to optimize skill acquisition and performance.

ACE 530. Coaching Education Administration. 3 Hours.
An administrative focus on leadership, finance, fundraising, planning, facility development, personnel supervision, public relations, rules and regulations, purchase and care of equipment and the conducting of athletic events.

ACE 539. Create Healthy Competitive Environments. 3 Hours.
Course explores topics related to techniques of training, ergogenic aids, performance enhancement, and the coach roles and responsibilities in designing, creating and maintaining a safe and healthy environment.

ACE 541. Positive Youth Development in Sport. 3 Hours.
PR: ACE 508. Review literature and outreach programs in positive youth development. Emphasis on development of psychosocial assets in youth such as life skills and character.

ACE 568. Sport Movement Analysis. 3 Hours.
This course applies the laws of physics to sport activities with the objective of finding the most efficient use of the human body to achieve the highest levels of performance.

ACE 569. Strength and Conditioning Methods for Coaches. 3 Hours.
Present basic exercise performance methodologies to assist in coaching athletes. Types of training include speed drills, agility drills, conditioning workouts, flexibility exercises, balance-improvement drills, and proper training- environment safety techniques.

ACE 573. Advanced Strength and Conditioning Coaching Techniques. 3 Hours.
Present various exercises in hands-on setting to utilize in training. Proficiency is taught in Olympic movements, free weights, machine weights, and plyometrics. Speed and agility track exercises will be included.

ACE 580. Evaluation in Coaching. 1 Hour.
Key principles of research methods, evaluation, and planning to identify and organize instruments for data analysis and formulation of a Program Evaluation Strategy. Knowledge and skills needed to initiate a well-designed evaluation of their team, program, and self (as a coach). Course is online.

ACE 582. Program Evaluation for Coaches. 1 Hour.
PR: ACE 580. Integration of a Program Evaluation Strategy (PES) utilizing program materials and concepts in an applied professional setting. The PES will be implemented and evaluated over two full semesters. Students must have a position coaching in an applied sport setting. Course is online. (1 credit; repeated twice).

ACE 584. Evaluation Based Planning for Coaches. 1 Hour.
PR: ACE 582 with a minimum grade of B-. This course enhances coaches' understanding of their own coaching through reflection. Insights, limitations, and future coaching strategies to overcome limitations in students' coaching practices are presented as a way of reflecting to facilitate coach development.

ACE 585. Coaching Internship. 1-6 Hours.
Students will complete a contract detailing terms of the learning experience. The levels of coaching include but are not limited to elementary schools, little league, secondary schools, and collegiate levels.

ACE 587. Strength and Conditioning Program Design Coach. 3 Hours.
Students in this course will learn to design programs in athletic resistance training, plyometrics, conditioning, and agility, and students will learn to handle detraining, sports specificity, and periodization for offseason and competition programs.

ACE 591. Advanced Topics. 1-6 Hours.
PR: Consent. Investigation in advanced topics that are not covered in regularly scheduled courses.

ACE 592. Directed Study. 1-6 Hours.
Directed study, reading, and/or research.

ACE 593. Special Topics. 1-6 Hours.
A study of contemporary topics selected from recent developments in the field.
ACE 594. Seminar. 1-6 Hours.
Special seminars arranged for advanced graduate students.

ACE 595. Independent Study. 1-9 Hours.
Faculty-supervised study of topics not available through regular course offerings.

ACE 602. Action-based Research for Coaching. 3 Hours.
Examination of action based research as applied to sport studies. Emphasis placed on learning the skills of disciplined inquiry to inform and change ones practices in the future.

ACE 645. Contemporary Issues in Sport. 3 Hours.
Contemporary issues in sport; to make you a more successful coach, expose you to situations in today's coaching profession, and prepare you to plan for situations that may arise.

ACE 671. Women in Sport. 3 Hours.
ACE Graduate: Study the history of women in sport, and investigate issues that are directly related to women in sport as participants, coaches, administration, parents and fans.

ACE 682. Program Evaluation for Coaches. 1 Hour.
PR: ACE 680. Integration of a Program Evaluation Strategy (PES) utilizing program materials and concepts in an applied professional setting. The PES will be implemented and evaluated over two full semesters. Students must have a position coaching in an applied sport setting. Course is online. (1 credit; repeated twice).

ACE 685. Coaching Internship. 1-6 Hours.
Students will complete a contract detailing terms of the learning experience. The levels of coaching include but are not limited to elementary schools, little league, secondary schools, and collegiate levels.

ACE 688. Coaching Techniques. 1-6 Hours.
Students will complete a contract detailing terms of coaching technique topics relevant to their individual coaching experience.

ACE 691. Advanced Topics. 1-6 Hours.
PR: Consent. Investigation of advanced topics not covered in regularly scheduled courses.

ACE 692. Directed Study. 1-6 Hours.
Directed study, reading, and/or research.

ACE 693. Special Topics. 1-6 Hours.
A study of contemporary topics selected from recent developments in the field.

ACE 694. Seminar. 1-6 Hours.
Special seminars arranged for advanced graduate students.

ACE 695. Independent Study. 1-9 Hours.
Faculty supervised study of topics not available through regular course offerings.

ACE 696. Graduate Seminar. 1-3 Hours.
PR: Consent. Each graduate student will present at least one seminar to the assembled faculty and graduate student body of his or her program.

ACE 697. Research. 1-9 Hours.
PR: Consent. Research activities leading to thesis, problem report, research paper or equivalent scholarly project, or a dissertation. (Grading may be S/ U.).

ACE 698. Thesis or Dissertation. 1-6 Hours.
PR: Consent. This is an optional course for programs that wish to provide formal supervision as needed during the writing of student reports, theses, or dissertations. (Grading is Normal).

ACE 699. Graduate Colloquium. 1-6 Hours.
PR: Consent. For graduate student not seeking coursework credit but who wish to meet residency requirements, use the University's facilities, and participate in its academic and cultural programs. Note: Graduate students who are not actively involved in coursework or research are entitled, through enrollment in their department's Graduate Colloquium to consult with graduate faculty, participate in both formal and informal academic activities sponsored by their program, and retain all of the rights and privileges of duly enrolled students. Grading is Normal; colloquium credit may not be counted against credit requirements for masters programs. Registration for one credit of 699/799 graduate colloquium satisfies the University requirement of registration in the semester in which graduation occurs.

ACE 900. Professional Development. 1-6 Hours.
Professional development courses provide skill renewal or enhancement in a professional field or content area (e.g. education, community health, geology.) The continuing education courses are graded on a pass/fail grading scale and do not apply as graduate credit toward a degree program.

ACE 930. Professional Development. 1-6 Hours.
Professional development courses provide skill renewal or enhancement in a professional field or content area (e.g. education, community health, geology.) These tuition-waived, continuing education courses are graded on a pass/fail grading scale and do not apply as graduate credit toward a degree program.