Coaching and Sport Education

Master Degree

The Coaching and Sport Education master's degree is designed to provide students with critical thinking and decision making skills. The curriculum focuses on the sport science, interpersonal and intrapersonal knowledge necessary to excel in high performance sports. Students will experience hands on training through applied science, sport movement analysis software, strength and conditioning coursework, internship experiences and more. The program utilizes the International Council for Sport Coaching Excellence’s International Sport Coaching Framework and professional development guidelines from coaching education and coach development industry leaders.

Students complete 39 credit hours over five semesters (fall, spring, summer, fall, and spring) with 24 hours of core classes and 15 credit hours of coursework in one of two tracks depending on their career goals. The tracks (or areas of emphasis) are:

- **Performance Coaching** which focuses on coaching collegiate or individuals at the elite level; selected courses focus on evaluating one’s coaching methods (a sport performance non-thesis track).
- **Science of Coaching** which emphasizes coaching education and the preparation of coaches; students will complete a research project or thesis depending upon the level of specialization on a given topic.

Both options provide students with a strong foundation across the interpersonal, intrapersonal and sport science knowledge areas key to athletic coaching success. Students can only begin the program in the fall.

FACULTY

ASSOCIATE PROFESSORS
- Kristen Dieffenbach - Ph.D. (University of North Carolina, Greensboro)
- Valerie Wayda - Ed.D. (West Virginia University)

Chair, Coaching and Teaching Studies

TEACHING ASSISTANT PROFESSOR
- William (Guy) Hornsby III - Ph.D. (East Tennessee State University)

ASSOCIATE PROFESSOR EMERITUS
- Daniel Ziatz

Admission Criteria

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

- Undergraduate degree grade point average (2.75 minimum for regular status) from an approved institution
- Minimum of two references (three references preferred)
- Resume emphasizing your coaching/sport experiences
- Professional goal statement (one to two pages on professional background, goals, and reasons for pursuing the master’s degree)
- TOFEL score (for international students only)

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.

Student will submit their application and application fee through the WVU Office of Admissions GEMS web site at: https://graduate.wvu.edu/. Official transcript(s) must be submitted to the WVU Office of Admissions, PO Box 6009, Morgantown, WV 26506-6009 in order to be processed. Please do not submit any hard copies of transcript(s) or letters of recommendation to the CPASS office. Your application must be processed by the WVU Office of Admission by the priority admission deadline, December 15th. Any applications submitted after the December 15th deadline will be considered only if seats are still available in the program.

Student is required to upload their resume and goal statement to the GEMS web site. Student will list names and email addresses for letters of recommendation to the GEMS web site and the system will generate an email to each recommender to complete the required form and attach a letter of recommendation if they desire. It may take several weeks to process your application. We recommend students submit your online application at least three (3) weeks (international students, three months) before December 15th deadline to allow your application to be processed before the priority deadline. Apply online at the WVU Admissions website (https://app.applyyourself.com/AYApplicantLogin/ApplicantConnectLogin.asp?id=wvugrad).
Please note that it is the applicant's responsibility to make sure all supplemental materials (including letters of recommendation) are submitted online to the WVU Office of Admissions GEMS web site to be processed. Any incomplete applications (those without all required supplemental materials) or applications received after December 15th will be considered ONLY if there are still seats available. Program will continue to accept applications until all seats are filled.

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

### Degree Requirements

#### Core Classes (24 hours)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>ACE 508</td>
<td>Coaching Techniques</td>
<td>3</td>
</tr>
<tr>
<td>ACE 510</td>
<td>Training Theories for 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>SEP 620</td>
<td>Individual Interaction in Sport and Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>SEP 640</td>
<td>Sport and Performance Psychology</td>
<td>3</td>
</tr>
<tr>
<td>SM 527</td>
<td>Legal Issues in Sport Administration</td>
<td>3</td>
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</tbody>
</table>

Complete an Areas of Emphasis 15

Total Hours 39

#### Performance Coaching Area of Emphasis Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>ACE 569</td>
<td>Strength and Conditioning Methods for Coaches</td>
<td>3</td>
</tr>
<tr>
<td>ACE 585</td>
<td>Coaching Internship</td>
<td>3</td>
</tr>
<tr>
<td>ACE 602</td>
<td>Action-based Research for Coaching</td>
<td>3</td>
</tr>
<tr>
<td>SM 660</td>
<td>NCAA Compliance and Current Issues</td>
<td>3</td>
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Select one of the following: 3

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ACE 573</td>
<td>Advanced Strength and Conditioning Coaching Techniques</td>
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</tr>
<tr>
<td>ACE 587</td>
<td>Strength and Conditioning Program Design Coach</td>
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Total Hours 15

#### Science of Coaching Area of Emphasis Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>ACE 541</td>
<td>Positive Youth Development in Sport</td>
<td>3</td>
</tr>
<tr>
<td>ACE 697</td>
<td>Research</td>
<td>3</td>
</tr>
<tr>
<td>EDP 613</td>
<td>Statistical Methods 1</td>
<td>3</td>
</tr>
<tr>
<td>SEP 615</td>
<td>Research Methodology in Physical Education</td>
<td>3</td>
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Select one of the following: 3

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* Coaching internship is completed the semester when coaching a sport.
SUGGESTED PLAN OF STUDY

First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours</th>
<th>Spring</th>
<th>Hours</th>
<th>Summer</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>ACE 508</td>
<td>3</td>
<td>ACE 510</td>
<td>3</td>
<td>ACE 568</td>
<td>3</td>
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<td>SEP 615</td>
<td>3</td>
<td>ACE 541</td>
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<td>SEP 640</td>
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<td>EDP 613</td>
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<td>3</td>
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</table>

Second Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours</th>
<th>Spring</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACE 539</td>
<td>3</td>
<td>ACE 530</td>
<td>3</td>
</tr>
<tr>
<td>ACE 695 or 697</td>
<td>3</td>
<td>ACE 697 or PET 698</td>
<td>3</td>
</tr>
<tr>
<td>SM 527</td>
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<td>SEP 620</td>
<td>3</td>
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<td></td>
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<td></td>
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Total credit hours: 39

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.
- **Programming and Assessment** – Students will demonstrate evidence-based knowledge and skills (and best practices) for assessing students needs and for designing, implementing, and evaluating practice plans and programs.
- **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. Coaching Techniques. 1-6 Hours.
Students will complete a contract detailing terms of coaching technique topics relevant to their individual coaching experience.

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

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

ACE 593A-Z. Special Topics. 1-6 Hours.
A study of contemporary topics selected from recent developments in the field.

ACE 594A-Z. Seminar. 1-6 Hours.
Special seminars arranged for advanced graduate students.

ACE 595. Independent Study. 1-6 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.
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 691A-Z. Advanced Topics. 1-6 Hours.
PR: Consent. Investigation of advanced topics not covered in regularly scheduled courses.

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

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

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

ACE 695. Independent Study. 1-6 Hours.
Faculty supervised study of topics not available through regular course offerings.

ACE 696. Graduate Seminar. 1 Hour.
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. 1-15 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.