

Physical Education-Coaching and Performance Science, A.A.

Degree Offered

- Associate of Arts

Nature of the Program

Athletes aim to maximize their potential both on and off the field/court. Athletic coaches help guide them on their paths to success. The undergraduate Coaching and Performance Science program primes students for a variety of roles in the coaching profession. The program equips students to teach, motivate, and properly structure sports environments.

The Coaching and Performance Science program helps prepare students for coaching certifications. Students graduate with key knowledge in philosophy and ethics, safety and injury prevention, physical conditioning, growth and development, teaching and communication, sport skills and tactics, organization, administration, and evaluation.

FACULTY

CHAIR

- Cassandra Pritts - M.A. History (Duquesne University)
Year @ PSC (2011)

ASSOCIATE PROFESSOR

- Doug Little - M.S. - Physical Education; MEd - Education
Year @ PSC (1999)

ASSISTANT PROFESSOR

- Donald Schafer - M.S. - Physical Education
Year @ PSC (2017)

Admissions

Entering freshmen are admitted directly into the major.

Benchmark Requirements

Students who plan to continue at WVU-Morgantown will need to maintain a GPA of 2.5 or better and meet all other admission requirements and deadlines (<http://catalog.wvu.edu/undergraduate/collegeofappliedhumansciences/schoolofsportssciences/cps/#admissionsrequirements>text).

General Education Foundations

Please use this link to view a list of courses that meet each GEF requirement. (<http://registrar.wvu.edu/gef/>)

NOTE: Some major requirements will fulfill specific GEF requirements. Please see the curriculum requirements listed below for details on which GEFs you will need to select.

Code	Title	Hours
General Education Foundations		
F1 - Composition & Rhetoric		3-6
ENGL 101 & ENGL 102 or ENGL 103	Introduction to Composition and Rhetoric and Composition, Rhetoric, and Research Accelerated Academic Writing	
F2A/F2B - Science & Technology		4-6
F3 - Math & Quantitative Reasoning		3-4
F4 - Society & Connections		3
F5 - Human Inquiry & the Past		3
F6 - The Arts & Creativity		3
F7 - Global Studies & Diversity		3

F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)	9
Total Hours	31-37

Please note that not all of the GEF courses are offered at all campuses. Students should consult with their advisor or academic department regarding the GEF course offerings available at their campus.

Curriculum Requirements

Code	Title	Hours
GEF Requirements (2, 3, 5, and 6)		13
ENGL 101 & ENGL 102	Introduction to Composition and Rhetoric and Composition, Rhetoric, and Research (GEF 1)	6
WVUE 191	First Year Seminar	1
CDFS 110	Families Across the Life Span (GEF 8)	3
HN&F 171	Introduction to Human Nutrition (GEF 8)	3
ACE 106	Athletic Coaching Education	3
HLSC 172	First Aid and Emergency Care	2
ACE 215	Sport for the Exceptional Athlete	3
ACE 256	Principles and Problems of Coaching	3
ACE 265	Diversity and Sport	3
PET 124	Human Body: Structure and Function	2
PET 125	Principles of Human Movement	2
PET 175	Motor Development	2
PET 244	Motor Learning and Performance	2
PET 276	Adapted Physical Education	2
SEP 272	Introduction to Sport and Performance Psychology (GEF 4)	3
SEP 371	Sport in American Society (GEF 8)	3
Electives		4
Total Hours		60

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
ENGL 101 (GEF 1)		3 ENGL 102 (GEF 1)	3
ACE 106		3 PET 125	2
ACE 215		3 SEP 272 (GEF 4)	3
PET 124		2 GEF 2	4
PET 175		2 HN&F 171 (GEF 8)	3
Elective		1	
WVUE 191		1	
		15	15

Second Year

Fall	Hours	Spring	Hours
ACE 256		3 ACE 265	3
PET 276		2 CDFS 110 (GEF 8)	3
SEP 371 (GEF 8)		3 PET 244	2
HLSC 172		2 GEF 6	3
GEF 3		3 Elective	3
GEF 5		3	
		16	14

Total credit hours: 60

Major Learning Outcomes

PE - COACHING AND PERFORMANCE SCIENCE EMPHASIS

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 technical and tactical knowledge and concepts related to the pedagogy of coaching a variety of sports.
- 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 for designing, implementing and evaluating practice plans that address individual student's needs determined by various forms of assessment.
- 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.