Coaching and Performance Science, B.S.

Degree Offered

• Bachelor of Science

Nature of the Program

This major prepares you to work with high-performance athletes in the athletic or tactical contexts, or with recreational participants in community or club leagues. As a profession, coaching has evolved well beyond merely teaching skills and strategy to athletes. Today, coaches need to evaluate and monitor athlete performance from the perspective of both a sport scientist and a sport pedagogist. The Coaching and Performance Science major is designed to prepare future coaches who will specialize in “on-field” coaching versus “off-field” coaching (e.g., strength and conditioning, athlete performance and recovery). Students will complete an area of emphasis in one of three areas: Coaching and Leadership, Strength and Conditioning, or Applied Sport Science.

The Coaching and Leadership area focuses on the development of sport specific and underlying scientific content knowledge as well as the essential interpersonal and intrapersonal skills necessary for quality teaching and leadership within the sport context. The program challenges students to focus on their personal professional foundation and on-going development through the integration of applied sport science and hands-on application in coaching.

Strength and Conditioning area concentrates on the science of training, designing training prescriptions and the ability to coach both in and out of a weight room. Students participate in hands-on experiences performing and coaching strength exercises to peers as well as how to administer different strength and power tests in our instructional performance lab.

The Applied Sport Science area of emphasis focuses on athlete monitoring and performance assessment, allowing for an improved understanding of how athletes are responding to their training prescription and better overall steering of the training/recovery process. Students participate in a variety of hands-on learning opportunities in the WVU Rockefeller Neuroscience Institute’s Human Performance Innovation Center; an applied sport science laboratory and/or with WVU athletic teams.

Admissions

All students are directly admitted into the Coaching and Performance Science program who meet the University requirements.

Students admitted from other majors within WVU must be in good academic standing (2.0 GPA).

Students transferring from another institution must be in good academic standing (2.0 GPA).

ADMISSION REQUIREMENTS 2024-2025

The Admission Requirements above will be the same for the 2024-2025 Academic Year.

Major Code: 5510

Degree Requirements

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University Requirements

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## Professional and Career Development Common Core

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<td>PASS 300</td>
<td>Career Exploration in Physical Activity and Sport Sciences</td>
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Select one of the following:

- ACE 459  Internship: Practicum & Data Analysis
- ACE 475  Strength and Conditioning Internship
- PASS 489  Capstone Experience in PASS

## Coaching and Performance Science Major Requirements

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<td>Sport for the Exceptional Athlete (GEF 7)</td>
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<td>Principles and Problems of Coaching (must earn B- or higher)</td>
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Select one of the following courses (GEF 3):

- MATH 121  Intro Concepts Of Mathematics
- MATH 124  Algebra with Applications
- PET 124  Human Body: Structure and Function
- PET 125  Principles of Human Movement
- PET 175  Motor Development
- PET 244  Motor Learning and Performance

Select one of the following (GEF 8):

- COMM 306  Organizational Communication
- COMM 316  Intercultural Communication
- ACE 305  Diversity and Sport (must earn B- or higher)
- ACE 310  Coaching Pedagogy (must earn B- or higher)
- ACE 410  Training Theories for Coaches
- ACE 468  Sport Movement Analysis
- ACE 488  Practicum Coaching Exceptional Athletes
- ACE 469  Basic Strength/Conditioning-Coaches
- EXPH 365  Exercise Physiology 1
- PASS 300  Career Exploration in Physical Activity and Sport Sciences
- SEP 272  Psychological Perspectives of Sport (GEF 4)
- SM 426  Liability in Sport

Complete one of the following Areas of Emphasis (AoE)  18

- Coaching & Leadership ***
- Strength and Conditioning
- Applied Sport Science

Proof of Certifications

Total Hours  71

* PASS 191 is accounted for in the University Requirements, PASS 300 in the Major Requirements, and the Capstone is accounted for in the specific AOE chosen.

** Coaching and Leadership students complete MATH 121. Applied Sport Science and Strength and Conditioning students complete MATH 124.

*** Students completing the Coaching and Leadership Area of Emphasis must complete CDFS 110 with a minimum grade of C- which also fulfills GEF 8.
Areas of Emphasis Offered:
- Applied Sport Science (p. 3)
- Coaching and Leadership (p. 4)
- Strength and Conditioning (p. 4)

Applied Sport Science Area of Emphasis

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Total Hours: 18

Suggested Plan of Study

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Third Year

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Total credit hours: 120
Coaching and Leadership Area of Emphasis

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Suggested Plan of Study

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Second Year

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Third Year

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Fourth Year

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Total credit hours: 120

Strength and Conditioning Area of Emphasis

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ACE 457  Introduction to Sport Technology and Sport Science  3
ACE 473  Strength and Conditioning Coaching Techniques  3
ACE 487  Sport Specific Strength/Conditioning  3
ACE 475  Strength and Conditioning Internship  3

Total Hours  18

**Suggested Plan of Study**

**First Year**

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**Fourth Year**

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Total credit hours: 120

**Major Learning Outcomes**

**COACHING AND PERFORMANCE SCIENCE**

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.

By the completion of the program, graduates:

1. will integrate disciplinary knowledge, skills, and dispositions and apply them to professional issues in sport management.
2. will practice reflection and critical thinking to refine their professional coaching practice (or knowledge and skills).
3. will demonstrate professional and ethical coaching behaviors in accordance with industry standards.
4. will demonstrate the ability to evaluate and integrate best practices for assessing athlete needs and designing, implementing, and evaluating practice plans.