Athletic Coaching Education

Bachelor of Science in Athletic Coaching Education

The Athletic Coaching Education (ACE) major prepares students interested in pursuing a variety of roles in the coaching profession. These roles include but are not limited to:

- An athletic coach at the youth or interscholastic level
- Coaching older master athletes
- Coaching individuals with disabilities
- Strength coaching
- Fitness coach

The Bachelor's Degree consists of a sequenced curriculum that focuses on professional knowledge, sport-specific science, and pedagogical skills mixed with practicum experiences that provide students with several opportunities to learn and apply the principles and practices of coaching across a wide range of health, recreation, and performance-based professions, as well as to develop professional networking and social skills. The ACE curriculum follows the National Standards for Sport Coaches 2nd Edition published by the National Association for Sport and Physical Education (NASPE).

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)

CLINICAL INSTRUCTOR

- Nancy Naternicola - M.S. (West Virginia University)

ASSOCIATE PROFESSOR EMERITUS

- Daniel Ziatz

Admission Requirements

Interested students are offered direct admission into the Athletic Coaching Education major. Across the first 3-4 semesters, students must complete a series of courses and certification requirements to meet Benchmark 1. Specifically, students must:

- Earn a grade of C- or higher in ACE 106, ACE 168, ACE 256, ACE 265, PET 124, PET 125, PET 175, PET 244, PE 220, PE 221 and PE 223;
- Achieve an overall GPA of 2.5 or higher;
- Submit documentation of current First Aid/CPR/AED certification and coaching certifications.

Students who meet Benchmark 1 requirements can begin taking upper-level ACE courses (300 or higher) and other certification requirements to meet Benchmark 2. Specifically, students must:

- Earn a grade of C- or higher in ACE 215, ACE 368, ACE 369, ACE 450, and ACE 489;
- Submit documentation of Safe Sport certification.

Students who meet Benchmark 2 requirements complete remaining ACE major requirements to graduate.

Click here to view the Suggested Plan of Study (p. 3)

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.
### General Education Foundations

**F1 - Composition & Rhetoric**
- ENGL 101: Introduction to Composition and Rhetoric
- & ENGL 102: and Composition, Rhetoric, and Research
- or ENGL 103: Accelerated Academic Writing

**F2A/F2B - Science & Technology**
- 4-6 hours

**F3 - Math & Quantitative Skills**
- 3-4 hours

**F4 - Society & Connections**
- 3 hours

**F5 - Human Inquiry & the Past**
- 3 hours

**F6 - The Arts & Creativity**
- 3 hours

**F7 - Global Studies & Diversity**
- 3 hours

**F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)**
- 9 hours

**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.

### Degree Requirements

**GEF 1, 2, 3, 5, & 6 (may vary depending on overlap)**
- 16 hours

**HN&F 171**
- Introduction to Human Nutrition
- 3 hours

**PASS 191**
- First-Year Seminar
- 1 hour

**Pre-Major Requirements (must have 2.5 gpa or higher after completing pre-reqs and a minimum grade of C- is required in all courses)**

**SEP 272**
- Psychological Perspectives of Sport (GEF 4)
- 3 hours

**ACE 106**
- Athletic Coaching Education
- 3 hours

**ACE 168**
- Sport Officialing
- 2 hours

**ACE 256**
- Principles and Problems of Coaching
- 3 hours

**ACE 265**
- Diversity and Sport
- 3 hours

**ATTR 121**
- Sport Injury Control and Management
- 3 hours

**PE 220**
- Striking and Field Games
- 1 hour

**PE 221**
- Invasion Games
- 1 hour

**PE 223**
- Net and Wall Games
- 1 hour

**PET 124**
- Human Body: Structure and Function
- 2 hours

**PET 125**
- Principles of Human Movement
- 2 hours

**PET 175**
- Motor Development
- 2 hours

**PET 244**
- Motor Learning and Performance
- 2 hours

**Major Requirements (Minimum grade of C- required in all courses)**

**ACE 215**
- Sport for Exceptional Athlete (GEF 7)
- 3 hours

**ACE 368**
- Sport Movement Analysis
- 3 hours

**ACE 369**
- Basic Strength/Condtng-Coaches
- 3 hours

**ACE 410**
- Training Theories for Coaches
- 3 hours

**ACE 430**
- Coaching Education Administration
- 3 hours

**ACE 450**
- Career Planning in Sport
- 3 hours

**ACE 488**
- Practicum Coaching Exceptional Athletes
- 3 hours

**ACE 489**
- Practicum Coaching Youth Sport
- 3 hours

**ACE 491**
- Professional Field Experience
- 6 hours

Select Two Courses (2 hrs. each)
- ACE 357: Techniques of Coaching: Swimming
- ACE 359: Techniques of Coaching: Track
- ACE 360: Techniques of Coaching: Wrestling
- ACE 361: Techniques of Coaching: Soccer
- ACE 362: Techniques of Coaching: Basketball
- ACE 364: Techniques of Coaching: Football
- ACE 365: Techniques of Coaching: Baseball
ACE 366  Techniques of Coaching: Volleyball  
EXPH 365  Exercise Physiology 1  
SM 426  Liability in Sport

Complete a Minor  
Electives (to reach 120 minimum for degree)  

Total Hours  

* Students must provide proof of current First Aid, AED, and CPR certifications from admission into major through graduation.  
* Students must provide proof of WVSSAC or NFHS certifications from admission into major through graduation.

**Suggested Plan of Study**

**First Year**

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<th>Spring</th>
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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
Major Learning Outcomes

ATHLETIC COACHING 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 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.