

# Athletic Coaching Education

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## Degree Offered

- Bachelor of Science

## Nature of the Program

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).

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## FACULTY

### ASSOCIATE PROFESSORS

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

### ASSISTANT PROFESSORS

- Samantha Ross - Ph.D. (University of Oregon)
- William (Guy) Hornsby III - Ph.D. (East Tennessee State University)

### TEACHING ASSISTANT PROFESSOR

- Jeremy Yeats - Ph.D. (University of Northern Colorado)

### ADJUNCT INSTRUCTORS

- Stephanie McWilliams - M.A. (Columbia University)
- Nancy Naternicola - M.S. (West Virginia University)
- Kimberly Zaph - M.S. (West Virginia University)

### ASSOCIATE PROFESSOR EMERITUS

- Daniel Ziatz

## Admissions

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 215, 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 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.

## 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		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.

## Degree Requirements

GEF 1, 2, 3, 5, & 6 (may vary depending on overlap)		16
HN&F 171	Introduction to Human Nutrition	3
PASS 191	First-Year Seminar	1
<b>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)</b>		
SEP 272	Psychological Perspectives of Sport (GEF 4)	3
ACE 106	Athletic Coaching Education	3
ACE 168	Sport Officiating	2
ACE 256	Principles and Problems of Coaching	3
ACE 265	Diversity and Sport	3
ATTR 121	Sport Injury Control and Management	3
PE 220	Striking and Field Games	1
PE 221	Invasion Games	1
PE 223	Net and Wall Games	1
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
<b>Major Requirements (Minimum grade of C- required in all courses)</b>		
ACE 215	Sport for Exceptional Athlete (GEF 7)	3
ACE 350	Career Planning In Sport	3
ACE 410	Training Theories for Coaches	3
ACE 430	Coaching Education Administration	3
ACE 468	Sport Movement Analysis	3
ACE 469	Basic Strength/Condtnng-Coaches	3
ACE 488	Practicum Coaching Exceptional Athletes	3
ACE 489	Practicum Coaching Youth Sport	3
ACE 491	Professional Field Experience	6
Select Two Courses (2 hrs. each)		4

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	3
SM 426	Liability in Sport	3
Complete a Minor		15
Electives (to reach 120 minimum for degree)		17
Proof of certifications *		
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Total Hours		120

\* Students must successfully take the four ACE and four PET prefix courses under Movement Science Block and earn a grade of C- or higher before taking any courses listed within the Coaching Pedagogy & Sport Science Block.

## Suggested Plan of Study

### First Year

Fall	Hours Spring	Hours
ENGL 101 (GEF 1)	3 GEF 2A	3
ACE 106	3 GEF 5	3
ACE 168	2 HN&F 171	3
PET 124	2 PE 220	1
GEF 6	3 PET 125	2
PASS 191	1 Minor	3
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	14	15

### Second Year

Fall	Hours Spring	Hours
ACE 256	3 ENGL 102 (GEF 1)	3
PE 221	1 ACE 215 (GEF 7)	3
PET 175	2 ACE 265	3
SEP 272 (GEF 4)	3 ATTR 121	3
GEF 3	3 PE 223	1
Minor	3 PET 244	2
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	15	15

### Third Year

Fall	Hours Spring	Hours
GEF 8 (Minor)	3 GEF 8 (Minor)	3
Techniques of Coaching Course 1	2 Techniques of Coaching Course 2	2
ACE 350	3 ACE 410	3
ACE 468	3 ACE 469	3
EXPH 365	3 ACE 488	3
Elective or 2nd Minor	2 Elective or 2nd Minor	1
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	16	15

### Fourth Year

Fall	Hours Spring	Hours
ACE 430	3 ACE 489	3
ACE 491	6 SM 426	3
Elective or 2nd Minor	6 Minor	3

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.

## COURSES

### ACE 105. Nutrition for Coaches. 3 Hours.

General nutrition and dietary requirements to aid coaches and their athletes.

### ACE 106. Athletic Coaching Education. 3 Hours.

Overview of athletic coaching profession including careers opportunities, critical current issues/trends, professional standards and the professional organizations.

### ACE 168. Sport Officiating. 2 Hours.

Study of the art, science, industry standards, and best practices of the officiating profession across all levels of sport.

### ACE 215. Sport for Exceptional Athlete. 3 Hours.

Examines the past, present and future of sport for athletes with disabilities and those competing at the Masters-level. The focus is on the coaching of these unique populations of competitive and recreational athletes.

### ACE 256. Principles and Problems of Coaching. 3 Hours.

Designed to teach students the principles and problems of interscholastic athletic coaching.

### ACE 265. Diversity and Sport. 3 Hours.

Covers historical and current topics relevant to diversity in sport as it relates to current sport practices. Practical strategies for facilitating acceptance of diversity within individual/team sports are discussed.

### ACE 293. Special Topics. 1-6 Hours.

PR: Consent. Investigation of topics not covered in regularly scheduled courses.

### ACE 298. Honors. 1-3 Hours.

PR: Students in Honors Program and consent by the honors director. Independent reading, study, or research.

### ACE 310. Coaching Pedagogy. 3 Hours.

PR: ACE 256 and PET 244 with a minimum grade of C- in each. Pedagogical theory applied to coaching context, including roles and responsibilities, planning, instruction and feedback, and assessment for sport contexts.

### ACE 350. Career Planning In Sport. 3 Hours.

Students will utilize the Career Service Center and demonstrate a working knowledge of various job search strategies and career planning.

### ACE 356. Techniques of Coaching: Cheerleading. 3 Hours.

Designed to provide students with knowledge, skills, and motivation that will prepare them to become safe and successful cheerleading coaches.

### ACE 357. Techniques of Coaching: Swimming. 2 Hours.

Designed to permit students to gain athletic coaching experience through a supervised on-site experience with a varsity athletic team.

### ACE 359. Techniques of Coaching: Track. 2 Hours.

Designed to permit students to gain athletic coaching experience through a supervised on-site experience with a varsity athletic team.

### ACE 360. Techniques of Coaching: Wrestling. 2 Hours.

Designed to permit students to gain athletic coaching experience through a supervised on-site experience with a varsity athletic team.

### ACE 361. Techniques of Coaching: Soccer. 2 Hours.

Designed to permit students to gain athletic coaching experience through a supervised on-site experience with a varsity athletic team.

**ACE 362. Techniques of Coaching: Basketball. 2 Hours.**

Designed to permit students to gain athletic coaching experience through a supervised on-site experience with a varsity athletic team.

**ACE 364. Techniques of Coaching: Football. 2 Hours.**

Designed to permit students to gain athletic coaching experience through a supervised on-site experience with a varsity athletic team.

**ACE 365. Techniques of Coaching: Baseball. 2 Hours.**

Designed to permit students to gain athletic coaching experience through a supervised on-site experience with a varsity athletic team.

**ACE 366. Techniques of Coaching: Volleyball. 2 Hours.**

Designed to permit students to gain athletic coaching experience through a supervised on-site experience with a varsity athletic team.

**ACE 373. Fitness Management. 3 Hours.**

Provide content knowledge and practical experiences in health and fitness facility management and operation. ACE certification exam prep.

**ACE 374. Fitness Field Testing. 3 Hours.**

Provide content knowledge and practical experience concerned with health screening, fitness testing, assessment and evaluation. Content needed for ACE national certification exam.

**ACE 375. Lifestyle and Weight Management. 3 Hours.**

Provide content knowledge and practical experience in basic nutrition, behavior change, exercise, and health psychology.

**ACE 376. Techniques of Lacrosse. 2 Hours.**

Design sport specific daily workout plans and season practice plans and instructional techniques for teaching fundamental technical and tactical skills of lacrosse.

**ACE 377. Techniques of Tennis. 2 Hours.**

Design sport specific daily workout plans and season practice plans and instructional techniques for teaching fundamental technical and tactical skills of tennis.

**ACE 389. Introduction to Adventure Sports. 1 Hour.**

This course provides a comprehensive introduction to the field of adventure sports including its history, career opportunities, and common competencies needed to succeed in the industry.

**ACE 393. Special Topics. 1-6 Hours.**

PR: Consent. Investigation of topics not covered in regularly scheduled courses.

**ACE 410. Training Theories for Coaches. 3 Hours.**

PR: PET 124 and PET 125 and PR or CONC: EXPH 365. Application of sport training theories to building, designing and assessing athlete training plans, seasonal team development and long term athlete development from physical literacy to peak performance at all participation levels.

**ACE 430. Coaching Education Administration. 3 Hours.**

An administrative focus of 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 451. Plan/Risk Management for Adventure Sport. 3 Hours.**

The objective of this course is to provide students with a thorough introduction to the process of planning safe, fun, and meaningful outdoor adventure programs.

**ACE 452. Outdoor Leader/Group Dynamics. 3 Hours.**

The objective of this course is to guide students as they explore the concepts of leadership and group dynamics as they pertain to working with groups in outdoor adventure settings.

**ACE 453. Applied Sport Science Stats. 3 Hours.**

PR: ACE 457 and STAT 211 with a minimum grade of C- in each. Applied statistics in sport science includes a review of basic research design, data collection in applied athletic settings, the selection and use of appropriate statistical procedures in sport science, as well as data visualization techniques that can be used to make decisions regarding athlete status.

**ACE 454. Advanced Sport Instruction Techniques. 3 Hours.**

The objective of this course is to provide students with a thorough overview of the skills and knowledge needed to effectively instruct participants of outdoor adventure activities.

**ACE 455. Adventure Sports Internship. 2-6 Hours.**

The goal of this course is to provide students with a supervised professional experience within an adventure sports environment under the direction of a supervisor at that site.

**ACE 457. Introduction to Sport Technology and Sport Science. 3 Hours.**

PR or CONC: ACE 368 with a minimum grade of C-. This course focuses on developing the skills needed to develop and implement appropriate monitoring and training evaluation plans in sport training. Additionally, students will learn to evaluate technology based tools to allow coaches to optimizing the training process and training adjustment decisions.

**ACE 458. Internship: Practicum & Data Collection. 3 Hours.**

PR: ACE 457 with a minimum grade of C-. Practical internship experience preparing training and competition monitoring programs as well as monitoring and collecting sport training and sport performance data using sport technologies.

**ACE 459. Internship: Practicum & Data Analysis. 3 Hours.**

PR: ACE 458 with a minimum grade of C-. Practical internship experience analyzing training and competition monitoring data and utilizing it for coaching based decisions using sport technologies.

**ACE 463. Group Fitness Internship. 6 Hours.**

This course provides a supervised professional experience in teaching group fitness classes under the direction of a professional at the site.

**ACE 468. Sport Movement Analysis. 3 Hours.**

PR: PET 124 and PET 125 with a minimum grade of C- in each. This course is designed to introduce a prospective coach to the principles of human movement.

**ACE 469. Basic Strength/Conditioning-Coaches. 3 Hours.**

PR: EXPH 365 and (EXPH 364 or (PET 124 and PET 125)) with a minimum grade of C- in each. Present basic exercise performance methodologies to assist in coaching athletics. Types of training include speed drills, agility drills, conditioning workouts, flexibility exercises, balance- improvement drills, and proper training-environment safety techniques.

**ACE 470. Methods of Aerobic Instruction. 3 Hours.**

PR: ACE 460 and ACE 462. Provide practical experiences in teaching group fitness exercises, including hi/lo, step, interval, and resistance training. ACE certification exam prep.

**ACE 471. Women and Sport. 3 Hours.**

Study the history of women in sport, and investigate issues that are directly related to women in sport as participants, coaches, administrations, parents, and fans.

**ACE 472. Methods of Personal Training. 3 Hours.**

PR: ACE 460 and ACE 462. Content knowledge, practical experiences of training techniques and exercise programming for the healthy adult and special populations. ACE certification exam prep.

**ACE 473. Strength and Conditioning Coaching Techniques. 3 Hours.**

PR: ACE 469 or EXPH 369 with a minimum grade of C-. Hands-on experience performing and coaching exercises to improve athletic performance. Specifics include resistance training, core exercises, proprioception rehabilitation, injury prevention, flexibility exercises, plyometric and explosive techniques, speed training, agility exercises.

**ACE 474. Aquatic Fitness Instructor. 1 Hour.**

PR: ACE 470. Provides theoretical framework, content knowledge, and practical experiences in teaching aquatic fitness in a group setting.

**ACE 475. Strength and Conditioning Internship. 3 Hours.**

PR: ACE 371 and ACE 372. Prearranged experiential learning program, to be planned, supervised, and evaluated for credit by faculty and field supervisors in strength and conditioning environment. Involves temporary placement with public or private enterprise for professional competence development.

**ACE 476. Fitness Internship. 3-6 Hours.**

PR: ACE 470 or ACE 472. Supervised experience in a health/fitness environment under the direction of a professional at the site. Preparation for the ACE national certification exam.

**ACE 480. Fitness Certification. 2 Hours.**

This course provides college credit for successfully passing the North American Council on Exercise Certification Exam in personal training or Group Fitness Instruction.

**ACE 482. Certified Pool Operator. 3 Hours.**

This class is designed to give students the knowledge and skills to sit for the NSPF Pool Operator Exam. (Students responsible for the NSPF Exam fee.).

**ACE 483. Aquatic Exercise Professional. 3 Hours.**

This course is designed to prepare students to take the AEA Professional Instructor Exam for water aerobics instructors. (Students are responsible for the AEA exam fee.).

**ACE 484. Aquatic Staff and Programming. 3 Hours.**

This class teaches students the different types of staff and programs available for an aquatic facility.

**ACE 485. Aquatic Design and Budget. 3 Hours.**

PR: ACE 482 and ACE 484 and PE 175 and PET 324. Teaches students to design a facility that is both functional and profitable.

**ACE 486. Aquatic Management Internship. 3 Hours.**

PR: ACE 482 and ACE 484 and PE 175 and PET 324. This class will give students hands-on experience with aquatic facility management.

**ACE 487. Sport Specific Strength/Conditioning. 3 Hours.**

PR: ACE 469 or EXPH 369 with a minimum grade of C-. Present optimal training for athletics of different sports in trained and untrained states. Specific protocols in resistance training and conditioning, correcting specific running and speed mechanics and agility movements.

**ACE 488. Practicum Coaching Exceptional Athletes. 3 Hours.**

PR: ACE 315. Integration of theoretical knowledge and development issues with practical field experiences working with exceptional athletes.

**ACE 489. Practicum Coaching Youth Sport. 3 Hours.**

PR: ACE 256, PET 244, and one of the ACE Techniques of Coaching. Integration of theoretical knowledge and development issues with practical field experiences in coaching youth.

**ACE 490. Teaching Practicum. 1-3 Hours.**

PR: Consent. Teaching practice as a tutor or assistant.

**ACE 491. Professional Field Experience. 1-6 Hours.**

PR: Consent. (May be repeated up to a maximum of 18 hours.) Prearranged experiential learning program, to be planned, supervised, and evaluated for credit by faculty and field supervisors. Involves temporary placement with public or private enterprise for professional competence development.

**ACE 492. Directed Study. 1-3 Hours.**

Directed study, reading, and/or research.

**ACE 493. Special Topics. 1-6 Hours.**

PR: Consent. Investigation of topics not covered in regularly scheduled courses.

**ACE 494. Seminar. 1-3 Hours.**

PR: Consent. Presentation and discussion of topics of mutual concern to students and faculty.

**ACE 495. Independent Study. 1-6 Hours.**

Faculty supervised study of topics not available through regular course offerings.

**ACE 496. Senior Thesis. 1-3 Hours.**

PR: Consent.

**ACE 497. Research. 1-6 Hours.**

Independent research projects.

**ACE 498. Honors. 1-3 Hours.**

PR: Students in Honors Program and consent by the honors director. Independent reading, study, or research.