



# ATHLETIC COACHING EDUCATION

## College of Physical Activity and Sport Sciences

Since the Greek Olympics athletes have been striving to jump higher, run farther and be stronger. Successful coaches know that training athletes, from young to elite, is both a science and an art. It is imperative that coaches have a solid understanding of the training science and the experience to implement this knowledge. Society is becoming more aware of the need for qualified and certified individuals in the sport arena.

The Athletic Coaching Education (ACE) major in the College of Physical Activity and Sport Sciences at WVU provides students with an opportunity to study coaching, the important role that coaches have in society, and the science behind successful coaching. In this curriculum, students have the opportunity to study sport technique, exercise physiology, the science of training, principles and problems facing today's coaches, coaching technology, sport nutrition, risk management, coaching administration, performance psychology, teaching methods, and injury prevention. Students will have the opportunity to participate in an internship in a recreational, high school, or collegiate sport environment in the sport of their choosing.

### College of Physical Activity and Sport Sciences

To serve students effectively, the College of Physical Activity and Sport Sciences is divided into five programs: Athletic Training, Athletic Coaching Education, Sport and Exercise Psychology, Sport Management, and Physical Education Teacher Education.

The College of Physical Activity and Sport Sciences is well known for its state-of-the-art facilities. They include the Coliseum, which houses a reading room, classrooms, a gymnasium, a dance studio, and racquetball courts; E. Moore Hall, a building on the downtown campus with a gymnasium, dance studio, and swimming pool; bowling lanes and game rooms at the Mountainlair; the Natatorium, a swimming complex; and the Shell Building, the site of an indoor track, courts for tennis, volleyball, and basketball, weight training, and wrestling rooms, and a rifle range. Outdoor areas include tennis courts, an archery range, an outdoor track, and baseball, soccer, and hockey fields.

### Curriculum

This degree is for those who have a passion for sport, a desire to make a difference in the lives of athletes, and the dedication to strive for personal excellence. Those who have an interest in coaching within the community, an interest in public or private school athletic programs, or an interest in coaching at higher education institutions, should study this discipline.

ACE students are required to have current CPR and Automated External Defibrillator certification. Students will also have the opportunity to work toward a variety of national certification exams in personal training, group fitness, and strength and conditioning.

The ACE curriculum follows the National Standards for Sport Coaches, 2nd ed., published by the National Association for Sport and Physical Education and endorsed by organizations such as the American College of Sports Medicine, the Center for Sports Parenting, the United States Olympic Committee, Special Olympics of North America, and the National Federation of State High School Associations, as well as many other organizations, universities, and associations.

The eight domains are:

- Philosophy and ethics
- Safety and injury prevention
- Physical conditioning
- Growth and development
- Teaching and communication
- Sport skills and tactics
- Organization and administration
- Evaluation

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## Course Work

Please see the current *WVU Undergraduate Catalog* for complete course descriptions. <http://coursecatalog.wvu.edu/>

## Accreditation

West Virginia University is fully accredited by the North Central Association of Colleges and Schools.

### Majors in the College of Physical Activity and Sport Sciences

Athletic Coaching Education:	B, M
Athletic Training:	B, M
Physical Education Teacher Education:	B, M, D
Sport & Exercise Psychology:	B, M, D
Sport Management:	B, M

B = bachelor's; M = master's; D = doctorate

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For more information, contact  
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