

Athletic Coaching



"The coaching principles and behaviors I have learned through the minor have taught me useful techniques to use both in sport and in everyday life."

– Dylan Ryan, Business '16

The minor in athletic coaching provides students with the theory and practical experiences that enable them to coach athletics at elementary, high school and collegiate levels, as well as youth sports programs.

DEGREES/CONCENTRATIONS

ATHLETIC COACHING MINOR

The minor requires completion of 18 credits. Undergraduates are provided with opportunities to further their professional growth and development, and the minor in athletic coaching will lead to opportunities for certification through the American Sport Education Program (ASEP) in Coaching Principles.

Students will gain the principles of coaching, behavior, teaching, physical training and management, which are the essentials to becoming a successful coach. The specific outcomes will be:

1. Define who students are as coaches - i.e., their coaching philosophy, objectives and style;
2. Enhance communication and motivational skills;
3. Become more effective teachers and trainers; and
4. Improve team, relationship and risk-management skills.

CERTIFICATIONS:

Students who successfully complete the coaching minor have the opportunity to receive the following certifications:

1. America-Sport Education Program (ASEP) certification
2. American Red Cross certifications in CPR, first aid and AED
3. CardiacWise 2.0 Sudden Cardiac Death Certification
4. National Federation of States High School Associations Concussion in Sport certification

Students who complete the athletic coaching minor will also satisfy the PIAA-required courses for coaching in the Commonwealth of Pennsylvania.



"If you are interested in coaching at any level and love learning about sports while majoring in a different field of study, the coaching minor at Millersville is something to really think about. I highly suggest it."

– Brandon Smith, Business Administration
with a concentration in marketing and management, '16



COURSEWORK

Required Courses (12.0 credits):

WSSD 311: First Aid and CPR (3.0 credits)

WSSD 450: Kinesiological and Physiological Foundations of Sport (3.0 credits)

WSSD 480: Theory and Techniques of Coaching and Sport (3.0 credits)

WSSD 483: Legal Aspects of Sport (3.0 credits)

Choose One of the Following (3.0 credits):

WSSD 482: Coaching Effectiveness (3.0 credits)

WSSD 484: Psychological-Social Foundations (3.0 credits)

WSSD 485: Performance Enhancement: Mental Training in Sport (3.0 credits)

WSSD 486: Topics (3.0 credits)

WSSD 582: Sport Psychology (3.0 credits)

Choose One of the Following Electives (3.0 credits):

WSSD 350: Sport in America (W) (3.0 credits)

WSSD 452: Nutrition for Performance Enhancement (3.0 credits)

WSSD 454: Leadership Development in Sports (3.0 credits)

WSSD 485: Performance Enhancement: Mental Training in Sports (3.0 credits)

WSSD 486: Topics (3.0 credits)

Allowable Substitutions:

WSSD 591: Exercise Physiology (3.0 credits) (for WSSD 450)

WSSD 551: Coaching of Sport (3 credits) (for WSSD 480)

FACULTY

Faculty is made up of previous college coaches and assistant athletic directors.

Dr. Mandi Dupain, athletic coaching minor coordinator
Ph.D., University of Pittsburgh, 2002

Dr. Julie Lombardi
P.E.D., Indiana University, 1993

Dr. Rebecca Mowrey
D.P.E., Springfield College, 1989

Dr. Gordon Nesbitt
Ph.D., Purdue University, 1993

Dr. Ying Wushanley
Ph.D., Penn State University, 1997

CAREER OPPORTUNITIES

Coach (youth, middle school, high school, and college)

Recreation director

YMCA director

ABOUT OUR GRADUATES

Many of our graduates have gone on to coach as high as the collegiate level and taken athletic administrative jobs. Some of Millersville University's current coaching staff have come through our program, such as Jon Shehan, head coach, baseball; Mia Hall, head coach, lacrosse. Alum Branden Lippy is the athletic director, Lampeter-Strasburg High School. She also played women's basketball for Millersville University.



"People think being a coach is just showing up for practice, but it's not. With this minor you learn all the paperwork, legal issues and liabilities that come with being a coach."

– Taylor Frombaugh, Biology
with athletic coaching minor, '15