

Integrative Studies: Concentration in Athletic Coaching

SAMPLE SCHEDULE	HOURS	MILESTONES
TERM 1		TERM 1
First Year Value flag	3	
ENGL 111: College Writing	3	
INQ 100: Freshman Inquiry Seminar	3	
Social and Behavioral Science	3	
Liberal Education Skills	3	
TOTAL HOURS	15	
TERM 2		TERM 2
Social and Behavioral Science	3	
Physical and Biological Science	3	
MATH 111 or higher	3	
Arts and Humanities	3	
Writing Intensive flag	3	
Personal Performance	1	
TOTAL HOURS	16	
TERM 3		TERM 3
Second Year Value flag	3	
NFSS 111: Health	2	
NFSS 333: Fitness for Wellness	3	
NFSS 350 or 354: Theory and Techniq	2	Choose one
NFSS 408: Prin & Probs of Athletic Coach	3	
NFSS 286: CV & Resistance Training Techniq	3	
TOTAL HOURS	16	
TERM 4		TERM 4
Writing Intensive flag	3	
Arts & Humanities	3	
Physical & Biological Science	3	
NFSS 334	3	
NFSS 407	3	
TOTAL HOURS	15	
TERM 5		TERM 5
Social and Behavioral Science	3	
NFSS 406: Athletic Injuries	4	
Quantitative Flag	3	
NFSS 435: Risk Management	3	
NFSS 336: Sport Nutrition	3	
TOTAL HOURS	16	
TERM 6		TERM 6
NFSS 440: Sport Facility/Event Mgmt	3	

NFSS 409: Kinesiology	3	
NFSS 365: Sports Leadership	3	
NFSS 367: Ethics in Sport	3	
Physical & Biological Science	3	
Arts & Humanities	3	
TOTAL HOURS	18	
TERM 7		TERM 7
NFSS 444: Athletic Coaching Internship	3-12	Minimum of 3 credits
Information Literacy flag	3	
Free Elective (as needed)	3	
Free Elective (as needed)	3	
Free Elective (as needed)	3	
TOTAL HOURS	15	
TERM 8		TERM 8
Free Elective (as needed)	3	
Free Elective (as needed)	3	
Free Elective (as needed)	3	
Free Elective (as needed)	3	
TOTAL HOURS	12	