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LaGrange College

Course Catalog - Coaching

Minor in Coaching - Minor in Coaching

Type:Minor

Students will select at least FIVE of the following courses to fulfill the requirements of the Coaching Minor.

- [EXCS 1154](#) First Aid: Responding to Emergencies
- [EXCS 2311](#) Survey of Strength & Conditioning
- [EXCS 3305](#) Sports Psychology
- [EXCS 3310*](#) Coaching Theory and Methods
- [EXCS 3313](#) Leadership in Physical Education and Athletics
- [EXCS 3332](#) Prevention and Care of Athletic Injuries/Illness
- [EXCS 3360](#) Motor Behavior and Control
- [EXCS 4311](#) Principles of Strength & Conditioning
- [EXCS 4325](#) Exercise and Sports Nutrition
- [EXCS 4400](#) Internship in Physical Education/Coaching

EXCS 3310 is required. Students must pass all courses listed below with minimum grade of "C-."

Last updated: 02/10/2023

LaGrange College

601 Broad Street

LaGrange, GA 30240

706-880-8000