

Athletic Coaching Education

Do you enjoy engaging in physical and athletic activities? Does a teaching role involving the promotion of a positive attitude toward recreation and fitness interest you? If you answered yes to the above questions, then Athletic Coaching may be the right major for you. Northern Michigan University offers two four-year degrees in both Physical Education and Secondary Education-Physical Education.

An Athletic Coaching degree provides a solid foundation in the area of health, fitness, sports and recreation. Specifically, the program is designed to help students develop a strong knowledge base about the dynamics of human movement, physiology of muscular activity and the measurement and evaluation of motor performance. Students in this major also learn to develop personal skills in a variety of activities in addition to the methodology of teaching motor skills. Course work in the Physical Education programs provides students with an opportunity to participate in a variety of laboratory and field experiences.

Skills and Competencies

A degree in Athletic Coaching focuses on the design, management, implementation, and supervision of recreational and leisure activities. The ability to relate and interact with people of varying ages and backgrounds is a valuable skill to possess in this major. Team building and teaching through leading and supervising others is also important. You can expect to be exposed to course work that will develop your written and oral communication skills in addition to providing a sound foundation in the theories and practices of this discipline. An outgoing, patient attitude as well as sensitivity to the human need for recreation and balance are attributes of someone thinking about a major in Physical Education. This curriculum at NMU prepares students for the broad professional fields of physical education, as well as for graduate studies.

Course Work

This degree includes the following courses as part of the program requirements, and specific major requirements along with general education courses and graduation requirements.

Core

- HPE 110 Intro to health & physical ed.
- HPE 120 Motor learning & development in HPE
- HL 125 Emergency Health Care
- PE 212 Anatomical & Mechanical Ass.
- PE 213 Physiology of sport & fitness
- PE 250 Evaluation of Coaching
- HL 260 Applied Sport & Fitness
- HL 275 Essentials of Personal Training
- PE 300 Technology in Human Performance
- PE 330 Athletic Officiating
- PE 340 Foundations of Educational Athletics
- PE 345 Medical Aspects of Coaching
- PE 440 Advanced Principles
- PE 450 Theory of Sport

Required Electives 12 cr.

- ES 475, HL 111, HL 230, HL 369/367, HL 420, HN 210, HN 310, HP 200, HPE 250, 260, 270, 280, 290, PE 310, PE 346, PE 375

Recommended Electives

- PE 492 Internship in Physical Education (6-12 cr.)

Detailed course descriptions can be found at www.nmu.edu/bulletin.

Career Development

You should begin the resume-building process as soon as you can. The Academic and Career Advisement Center can assist you with career planning, while Career Services will help you fine tune your resume and look for jobs related to your field. In the meantime, the more hands-on experience you have, the better the chances are that you will find a job. Becoming involved in a professional related internship is a way to develop your professional skills and gain experience. Your academic course work is important as well, so be sure to maintain a high grade point average.

Additional Considerations

Teacher certification is required for employment in public schools. A Master's Degree may be necessary for employment in college.

Obtaining an internship or part-time employment in these areas will make you more marketable when seeking a job after graduation.

Remember to take any necessary entrance exams early; it can take up to six weeks for results to be sent to the schools to which you applied.

Job Outlook

With the continued interest in health and fitness, athletic coaching graduates should have a solid market to enter. Jobs working either as a personal trainer or as an athletic coordinator at a health club or community center should provide jobs in the coming years. The median salary for physical education careers should be in the upper half of the \$20,00 to \$30,000 range.

Potential Careers

NMU's Athletic Coaching Program prepares students for employment in the following careers:

- Athletic Clubs
- Coaching Departments
- Community Fitness/Recreation Centers
- Corporate Fitness Program
- Exercise Physiologist
- Health Clubs
- Recreational Therapy
- Rehabilitation Centers
- Resort Activity Programs
- Sports Associations
- Summer Camps
- YMCA/YWCA

Additional Resources and Information

For Career Planning and Opportunities:
Academic & Career Advisement Center
3302.1 C.B. Hedgcock
906-227-2971
www.nmu.edu/acac

School of Health and Human Performance
201 PEIF
906-227-2130
www.nmu.edu/hhp

For Job Search, Resume and Career Information:
Career Services
3302.3 C.B. Hedgcock
906-227-2800
www.nmu.edu/careers

For Information about NMU Student Organizations Associated with this Major Contact:
Center for Student Enrichment
1206 University Center
906-227-2439
www.nmu.edu/cse

Health Promotions Society
<http://myweb.nmu.edu/~hps/HPIndex.htm>

Internet Resource Links:
www.careers.org
www.bls.gov

For Career Information with National Organizations:
www.aahperd.org -Am. Alliance for Health, Physical Education, Recreation and Dance
www.acefitness.org -American Council on Exercise
www.hscoaches.org -National High School Athletic Coaches Assoc.



**NORTHERN MICHIGAN
UNIVERSITY**

MARQUETTE, MICHIGAN

The Academic & Career Advisement Center
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What to do with
a major in...

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