

## **Coaching Emphasis Requirements**

Mrs. Williams (RM 2721)

### **Coaching Emphasis Application—Due April 1<sup>st</sup> of your senior year**

1. Receive two Varsity Letters in any sport or dance (attach copy)
2. Coursework: Complete two full credits of the following classes with a C+ or higher:
  - a. Sports Medicine (1 credit)
  - b. Advanced Human Biology (1 credit)
  - c. Medical Anatomy Physiology (1 credit)
  - d. Health Science (1 credit)
  - e. Sports History (.5 credit)
  - f. Sports psychology (.5 credit)
  - g. Health Sports Training (.5 credit)
  - h. Stress Management (.5 credit concurrent)
3. At least two additional PE classes (.5 credit each) that are not required for graduation (team sports, aerobics, fundamentals of sports, advisory, weight lifting, dance, ect.)
  - Attach copy of transcript with required classes highlighted for requirements 2 & 3
4. Observe and interview a coach that does not coach a sport you are familiar with
  - a. 5 hours observation (attach proof)
  - b. Attach interview (interview questions must be approved by Mrs. Williams)
5. Complete an Essay outlining your coaching philosophy.