

Coaching

Why should I major in Coaching?

If you enjoy athletics and have a desire to work with young people, coaching will allow you to incorporate both of your interests into your career. As a coach, you'll be expected to prepare your players for physical competition and also to motivate them and help them develop character or sportsmanship skills. As a student at Iowa Western, you'll take courses that help build a solid foundation in the art and science of coaching, including athletic conditioning, teaching sports skills, weight training, officiating, and care and prevention of injuries. During your two years at Iowa Western you will also complete several of your general education requirements in the areas of math, science, English and humanities.



What type of degree will I earn at Iowa Western if I enroll in this program?

Graduates of our two-year coaching program earn an Associate of Arts (AA) degree.

If I major in Coaching, can I transfer to a four-year college or university?

This program of study is designed to transfer to a four-year degree granting institution. By earning an AA degree in coaching, you will be able to apply your credits toward a similar program at another institution and earn a bachelor's degree.

What is the job outlook for Coaching graduates and what type of jobs will I be qualified for?

To coach at the high school level and higher, you will need a minimum of a bachelor's degree in either education, physical education or a related discipline. The credits you earn in the coaching program at Iowa Western will transfer to four-year degree granting institutions and can be applied toward a bachelor's degree. Upon earning your bachelor's degree in the education field, you will be able to look for employment as a teacher with coaching responsibilities. Other career choices include working in a health club or as a personal trainer. The salary you can expect to earn after completing your education will vary based upon the type of position you accept.

Program of Study

The Coaching program of study is designed for transfer to four-year institutions with similar programs at the baccalaureate level. Students acquire fundamental skills in sports psychology, sports physiology, and coaching theory. This program of study may lead to coaching authorization in the state of Iowa or Nebraska. Graduates of this program are awarded an Associate of Arts (A.A.) degree.

RECOMMENDED COURSE SEQUENCE

| First Semester | | Cr. |
|------------------------|---|------------|
| PEC 101 | *Introduction to Coaching | 3 |
| PEH 142 | *First Aid | 3 |
| ENG 105 | Composition I | 3 |
| PEA 187 | *Weight Training I | 1 |
| | Humanities Elective | 3 |
| | A.A. Mathematics Requirement (MAT 121 - 227) | 3-4 |
| | | 16-17 |
| Second Semester | | Cr. |
| BIO 157 | *Human Biology | 4 |
| PEC 155 | *Theory of Coaching I | 3 |
| ENG 106 | Composition II | 3 |
| | Social Science Elective | 3 |
| | Humanities Elective | 3 |
| | | 16 |
| Third Semester | | Cr. |
| BIO 151 | *Nutrition | 3 |
| PEC 157 | *Theory of Coaching II | 3 |
| PET 240 | *Taping and Bracing | 2 |
| PEH 170 | Principles of Weight Training | 3 |
| PSY 111 | *Introduction to Psychology | 3 |
| | Humanities Elective | 3 |
| | | 17 |
| Fourth Semester | | Cr. |
| PEC 210/ | *Sport and Exercise Psychology | 3 |
| PSY 210 | | |
| HSV 259 | *Chemical Dependency | 3 |
| PET 135 | *Personal Trainer | 3 |
| SPC 112 | Public Speaking | 3 |
| BIO 168 | Human Anatomy and Physiology I with Lab | 4 |
| | | 16 |

*Required courses for the program

One elective must also satisfy the diversity requirement.

64 semester hours required

**For More Information,
Contact the Admissions Office:
712.325.3277 or 800.432.5852, ext. 3277
or the Program Chair at 712.325.3735
www.iwcc.edu**