

# KINESIOLOGY - COACHING (KINCO) COURSES

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## **KINCO 601 Noncredit Fundamentals of Coaching**

**Lecture:** 16 contact hours

This noncredit course introduces students to the fundamentals of coaching, covering key principles, essential skills such as active listening and questioning, the recognition of coaching opportunities, ethical and strategies to promote our commitment to Diversity, Equity, Inclusion, Anti-Racism, and Accessibility (DEIAA), in the classroom and on the field. By the end of the course, students will be equipped to engage confidently in basic coaching conversations.