COACHING & EXERCISE SCIENCES (MSCE)

MSCE 510  Principles of Coaching and Leadership  4 Units
The purpose of this course will be to promote athletic growth, development, and learning, while teaching age-appropriate skills, including an analysis of National Standards for Sport Coaches (NSSC).

MSCE 530  Ethics and Sport  4 Units
This course will examine and analyze the philosophy and ethics of coaching as students look at how values are communicated, and how to facilitate positive social and emotional growth. Students will write a personal statement of their philosophy of coaching as they work through ethical dilemmas in sport.

MSCE 531  Student-Athlete Development and Leadership  4 Units
This course will provide students with insight into the importance of using an athletic program as a vehicle to foster the physical, mental and spiritual development of college athletes. Students will be provided with insight into various leadership styles and techniques that can utilized within an Athletic Department to assure the success in producing competitive programs that foster personal growth of its student-athletes. Particular focus will be placed on assuring physical, mental and spiritual development is integrated into the mission, vision and goals of each program within the Athletic Department. Additional focus will be placed on the importance of fostering development of these three areas within college athletes and to overcome the external factors that can impede this development, including alcohol and drug use, depression and anxiety and lack of support from family and friends.

MSCE 533  Strategic Planning and Marketing of College Athletics  4 Units
This course examines the overall strategic planning, marketing, fundraising, and the effective fiscal operations of a collegiate athletic programs. This course will provide students with the foundation to manage a long-term strategic plan, budget, and marketing focus for a college athletic department that allows the department to grow and meet their respective vision and goals. Additional focus will be placed on the development and operational skills of decision-making for both effective marketing and fundraising in collegiate athletics and the integration of the personal sales process into that campaign.

MSCE 534  Compliance and Regulation of College Athletics  4 Units
This course will provide students with a foundation of the organizational structure and operations of the National Collegiate Athletic Association (NCAA) and National Association of Intercollegiate Athletics (NAIA). Students will learn how to navigate through the rules manuals for each governing body by applying the rules to issues that arise within a wide variety of areas including recruiting, financial benefits to student-athletes, eligibility of transfer students, and academic eligibility. Students will be introduced to important legal challenges they will face in leadership roles and how they should analyze relevant variables in those areas to make wise decisions. Through this study on compliance, coupled with a focus on legal aspects in collegiate athletics, students will be equipped to analyze their own philosophies and those of others in diverse collegiate athletics environments and to incorporate those philosophies in solving ethical issues in their athletic departments.

MSCE 545  Sport Statistics and Analytics  4 Units
This course is designed to bring an understanding of basic statistical concepts in the applications of sports. Students will develop and apply sports statistical and analytical concepts, and also improve problem solving and critical thinking abilities. The class includes a review of beginning through advanced use of statistics and spreadsheet formulas, along with hands-on experience in the acquisition and analysis of data. The class will have two research projects to be used in a final presentation.

MSCE 550  Research Methods and Analysis  4 Units
This course will provide an introduction to action research, research techniques, and professional portfolio development.

MSCE 560  Interscholastic Leadership and Administration  4 Units
Principles of leadership, organization, and management of sport programs. Included will be leadership skills and techniques, communication, scheduling, and program reviews. This course is focused on leadership at the high school level.

MSCE 563  Intercollegiate Athletics in America  4 Units
This course is designed to help coaches take the next step in their journey to leadership excellence. Identifying timeless principles will help coaches and administrators navigate a course involving studying, practicing, and developing leadership skills and competencies. With the goal of integrating and implementing leadership concepts, applications, and frameworks, leadership performance will be enhanced. To develop and improve administrative skills, students will interview an athletic administrator or head coach covering seven key areas of administration. As always, the dynamics of the MCAA program and this specific course content are created for practical application.

MSCE 564  Applied Exercise Sciences and Strategies for Coaching Cheerleading  4 Units
The course focuses on the coach’s responsibilities and assists in meeting the requirements to coach cheer at the competitive level for school-based teams. The curriculum teaches strategies that will assist the athletic director and school administrator. Topics include: history/tradition, skill breakdown, strategic choreography, practice and competition organization.

MSCE 565  Applied Exercise Sciences and Strategies for Coaching Tennis  4 Units
This course strives to assist tennis coaches with advanced training to improve coaching in tennis and developing a successful tennis program. Discussion will include coaching philosophy, difference in men’s and women’s game, modern tennis, end of the serve/volley era, international players in college tennis, emergence of the UTR (Universal Tennis Rating), individual verses team sport, and rackets and string technology. The class will review various skills of tennis to include singles and doubles strategy, footwork drills, and will review the technical aspects of the serve, return, forehand, backhand, volley, overhead, as well as specialty shots. *Location and Course Information Subject to Change. *Requires class attendance as well as participation.
MSCE 566  Applied Exercise Sciences and Strategies for Coaching Swimming  4 Units
A professional seminar designed to assist swim coaches, and potential swim coaches, in developing a framework for the operation of an aquatics program. This training will serve as a valuable tool for the veteran and the new aquatics coach. Topics will include rules and regulations, coaching philosophy, practice organization and best practices within training sessions, developing strength training/conditioning programs and improving relationships with game officials, parents and Booster groups. Experts currently working in the field will share and discuss their best practices in coaching successful aquatics programs. You will have a chance to observe some of the most successful current teams in action.

MSCE 567  Applied Exercise Sciences and Strategies for Coaching Track and Field  4 Units
Curriculum is broad based, covering all key aspects of managerial and technical coaching. Technical sections are illustrated with pertinent video created specifically for this course, to enhance clarity and understanding. The course MSCE 567 Advanced Theory and Strategy for Coaching Track and Field includes managerial, ethical and technical duties of the track and field coach as well as aspects of training design and event-specific training.

MSCE 568  Applied Exercise Sciences and Strategies for Coaching Soccer  4 Units
Through classroom and practical instruction as well as presentations by guest speakers this course will provide soccer coaches with the tools to build their coaching philosophy, assist with program development, and continue with professional growth. The course will include practice planning; technical vs. tactical training; cultivating relationships with administrators, parent groups, and officials; and preparing players for the next level. Requires class attendance as well as participation in pre- and post-attendance online learning requirements.

MSCE 569  Applied Exercise Sciences and Strategies for Coaching Lacrosse  4 Units
This course will serve to further the knowledge of lacrosse coaches, covering topics such as skills development; tactics and strategy; coaching philosophy; practice organization; strength training/conditioning programs; improving relationships with game officials, parents, and booster groups; and more. Requires class attendance as well as participation in pre and post attendance online learning requirements.

MSCE 570  Sport Medicine and Performance  4 Units
This course will examine methods of recognizing and caring for sport injuries, including basic physical evaluation and taping skills, purposes and procedures for adequate care of injured athletes, nutrition, and eating to win.

MSCE 571  Applied Exercise Sciences and Strategies for Coaching Golf  4 Units
Through classroom learning and practical application, this course will provide advanced training to improve the coaching of golf through a study of theories, strategies, history and etiquette of the game, proper mechanics, and teaching/recruiting techniques. Requires class attendance as well as participation in pre- and post-attendance online learning requirements.

MSCE 572  Applied Exercise Sciences and Strategies for Coaching Cross Country  4 Units
This is a professional development training course designed for high school and college cross country and distance running coaches. Topics will include: philosophy of the sport, best coaching practices, warm-up and stretching, successful training theory, cardio-training, nutrition, injury prevention, weight training theory, mental training, and recruitment. Requires class attendance as well as participation in pre- and post-attendance online learning requirements.

MSCE 573  Applied Exercise Sciences and Strategies for Coaching Basketball  4 Units
Using experts currently working in the field sharing their best practices, this course will assist basketball coaches in developing their coaching philosophy, team building, and coaching strategies including rules/regulations, team defense, special situations, fundamental offensive and defensive drills, strength and conditioning, and more. Requires class attendance as well as participation in pre- and post-attendance online learning requirements.

MSCE 574  Applied Exercise Sciences and Strategies for Coaching Football  4 Units
Using high school and collegiate-level coaches both in the classroom and on the field, this course will offer football coaches the opportunity to increase their knowledge of operating a football program including position-specific drills, offensive and defensive alignment and strategies, recruiting process, and situational coaching. Requires class attendance as well as participation in pre- and post-attendance online learning requirements.

MSCE 575  Applied Exercise Sciences and Strategies for Coaching Softball  4 Units
Using experts currently working in the field, this advanced-level course will enhance the knowledge of novice and experienced softball coaches through the discussion of best practices for coaching softball programs including philosophies, implementation of good practices, identifying common coaching mistakes, fundamentals for each position, on-field implementation drills, good hitting basics, technology to improve hitting, on-field team defense and strategy, recruiting process, and identification of coaching methods and personal coaching. *Requires class attendance as well as participation in pre- and post- attendance online learning requirements.

MSCE 576  Applied Exercise Sciences and Strategies for Coaching Volleyball  4 Units
This course will provide volleyball coaches with advanced training in volleyball including coaching philosophy; difference in the men’s and women’s games; training techniques in practice; coaching strategy; use of technology; sand volleyball; and running of high school, club, and collegiate programs. Various skills such as attacking, blocking, setting, defense, passing, and serving will also be covered. Requires class attendance as well as participation in pre- and post- attendance online learning requirements.

MSCE 577  Applied Exercise Sciences and Strategies for Coaching Baseball  4 Units
This course will provide advanced training to improve the coaching in baseball. Theories, strategies and best practices will include: planning, organizing and conducting quality practices; hitting and pitching mechanics and fundamentals; offensive and defensive strategies; baseball specific strength and conditioning; college recruiting and professional scouting elements. There will be guest instructors and on-field demonstrations throughout the class. *Requires class attendance as well as participation in pre and post attendance distance learning requirements.
MSCE 578  Applied Exercise Sciences and Strategies for Coaching Water Polo  4 Units
This course is designed to assist water polo coaches in developing a framework for the operation of an aquatics program including rules and regulations; coaching philosophy; best practices within training sessions; developing strength training and conditioning programs; and improving relationships among game officials, parents, and booster groups. Requires class attendance as well as participation in pre- and post-attendance online learning requirements.

MSCE 579  Applied Exercise Sciences and Strategies for Coaching Wrestling  4 Units
Through the use of guest speakers and demonstrations this course will serve to enhance the knowledge of the wrestling coach covering topics such as skills development, tactics and counter moves, program promotion, use of technology, coaching philosophy, strength and conditioning, practice organization, and community/media relations. Requires class attendance as well as participation in pre- and post-attendance distance learning requirements.

MSCE 580  Legal Aspect of Sport  4 Units
Legal aspects of sport administration and coaching, including analysis of liability, application of sport law, and risk management will be included in this course through case reviews.

MSCE 584  Kinesiology for Sport  4 Units
This course focuses on human movement with an emphasis on the structure and function of the skeletal, muscular and nervous systems. This curriculum also includes an analysis of basic mechanical principles required in sport specific movement skills.

MSCE 586  Advanced Strength, Speed and Conditioning  4 Units
This course provides an overview of strength and conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. This course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam.

MSCE 587  Exercise Physiology for Sport  4 Units
This course applies physiological principles to exercise circumstances; includes critical analysis of the effect of exercise on human physiologic function with in-depth examination of current literature.

MSCE 588  Biomechanics for Sport  4 Units
This course involves the study of the mechanical principles, analytical methods and the instrumentation systems involved in the analysis of movement.

MSCE 589  Nutrition for Sport  4 Units
This course covers the essentials of human nutrition that improve and sustain optimal performance for sport and exercise. The effects of eating disorders (in both male and female athletes), weight management, and sport nutrition resources are also discussed.

MSCE 590  Coaching Academy  4 Units
Selected topics in this course will provide training for coaches and athletic directors including substance abuse prevention training, current issues and challenges facing coaches, and coaching certification. Currently not offered online.

MSCE 591  Athletic Director Institute  4 Units
This is a professional seminar designed to assist athletic directors enhance the operation of the athletic department including rules and regulations, organization, health and safety, emergency procedures, athletic eligibility, office management, scheduling, officials, personnel evaluation, gender equity, and budget. Currently not offered online.

MSCE 592  MSCE: Internship  4 Units
The internship experience benefits the students by allowing them to apply graduate level training in an everyday job situation while continuing to earn college credit. Students will have the opportunity to choose from a variety of internship settings related to coaching or athletic administration. Students are responsible for securing their own internship site and onsite facilitator. Students will be issued a MSCE 592 syllabus of specific assignments and objectives that they will need to complete as separate work for the course. Students must complete three courses of the MSCE program one of which is MSCE 510 Principles of Coaching and Leadership before they are to enroll in MSCE 592 or have ten years of experience in athletics.

MSCE 595  Culminating Project  4 Units
This 4-unit experience will be an application of knowledge and skills related to one's area of coaching. Students must complete a professional portfolio which will be completed in their last session of attendance. A passing grade on the project is needed to complete this course. In order to enroll in MSCE 595 a student must have completed 4 core and 4 elective MSCE courses and have a cumulative GPA of 3.0 or higher in the program. Graduation Application Fee: $185.

MSCE 596  Culminating Project  4 Units
This 4-unit experience will be an integration of new knowledge and experience gained from the science based elective courses with prior knowledge and experience from the Master of Arts degree. Students must complete a professional portfolio which will be completed in their last session of attendance. A passing grade on the projects is needed to complete this course. In order to enroll in MSCE 596 a student must have completed 4 elective MSCE courses and have a cumulative GPA of 3.0 or higher in the program. Graduation Application Fee: $185.