

INTERCOLLEGIATE ATHLETICS: 2-YEAR CERTIFICATE OF ACHIEVEMENT

The 2-Year Certificate of Achievement in Intercollegiate Athletics is designed for students who wish to participate in intercollegiate athletics at Ventura College and work toward completing lower division general education over a 2-year timeframe. It provides student athletes the opportunity to develop skills related to leadership, teamwork, collaboration, and personal responsibility within a team environment. Students who complete this certificate will have demonstrated excellence in lower division general education coursework and in intercollegiate athletic courses.

Participants will gain skills and dispositions that can be applied globally. These may include skills that support leadership, teamwork, collaboration, and personal responsibility.

Courses must be completed with a grade of C or better.

Course ID	Title	Units/ Hours
Required Core Courses		
Select 11 units from the following, including 8 units of intercollegiate athletics (ICA V02 – V25 or V36), and 3 units of team conditioning. Must be completed with a grade of C or better.		
List A: Select 8 units from the following:		
ICA V02	Intercollegiate Baseball	4
ICA V03	Intercollegiate Basketball: Men	4
ICA V04	Intercollegiate Basketball: Women	4
ICA V05	Intercollegiate Cross-Country: Men	4
ICA V06	Intercollegiate Cross-Country: Women	4
ICA V07	Intercollegiate Football	4
ICA V08	Intercollegiate Golf	4
ICA V09	Intercollegiate Flag Football: Women	4
ICA V13	Intercollegiate Soccer: Women	4
ICA V14	Intercollegiate Softball: Women	4
ICA V15	Intercollegiate Swimming and Diving: Men	4
ICA V16	Intercollegiate Swimming and Diving: Women	4
ICA V17	Intercollegiate Tennis: Men	4
ICA V18	Intercollegiate Tennis: Women	4
ICA V19	Intercollegiate Track and Field: Men	4
ICA V20	Intercollegiate Track and Field: Women	4
ICA V22	Intercollegiate Volleyball: Women	4
ICA V23	Intercollegiate Water Polo: Men	4
ICA V24	Intercollegiate Water Polo: Women	4
ICA V25	Intercollegiate Beach Volleyball: Women	4
ICA V36	Spring Intercollegiate Basketball	3.5
List B: Select 3 units from the following:		
ICA V30A	Off-season Conditioning for Athletes I	.5
ICA V30B	Off-season Conditioning for Athletes II	1

ICA V31B	Pre-season Conditioning for Athletes II	1
KIN V10	Aerobic and Strength Training	1
KIN V18	Cardiovascular Fitness: Machine Training	1
KIN V19	Indoor Cross Fitness Training	1
KIN V26	Weight Training and Conditioning: Free Weights	1
Required Core Units		11
Required Additional Courses		
Select 18 units from the following restricted electives. Must be completed with a grade of C or better.		
List C: Select 18 units from the following:		
ANTH V02	Cultural Anthropology	3
ANTH V03	Introduction to Archaeology	3
ANTH V05	Linguistic Anthropology: Culture and Communication	3
ANTH V06	Sex, Gender, and Culture	3
ART V01	Art Appreciation	3
ART V07	Introduction to Women in the Arts	3
AST V01	Elementary Astronomy	3
AST V01L	Elementary Astronomy Laboratory	1
BIOL V01	Principles of Biology	3
BIOL V01L	Principles of Biology Laboratory	1
BIOL V04	Cell and Molecular Biology	4
BIOL V12	Human Biology	3
BUS V30	Introduction to Business	3
BUS V49	Introduction to Social Media Marketing	3
CHST V01	Introduction to Chicano Studies	3
CHEM V120A	General Chemistry I	5
CHEM V120B	General Chemistry II	5
COMM C1000	Introduction to Public Speaking	3
COMM V02	Introduction to Communication Studies	3
COMM V03	Group Communication	3
ECON V01A	Principles of Macroeconomics	3
ECON V01B	Principles of Microeconomics	3
ENGL C1000	Academic Reading and Writing	4
ENGL V01B	Critical Thinking and Composition Through Literature	4
ENGL C1001	Critical Thinking and Writing	3
ETHS V01	Introduction to Ethnic Studies	3
GEOG V01	Elements of Physical Geography	3
GEOG V01L	Elements of Physical Geography Laboratory	1
HED V01	Health and Wellness	3
HED V02	Health and Wellness: Designed for Women	3
HED V03	Fundamentals of Nutrition and Fitness	3
HED V04	Health and Wellness: Designed for Men	3
HED V22	Health and Social Justice	3
HED V24	Drugs, Health, and Society	3
HIST V46	United States History to 1877	3
HIST V50	United States History: Focus on Asian Americans	3
HIST V51	United States History: Focus on African Americans Since Reconstruction	3

HIST V56	United States History since 1865	3
HIST V58	United States History: Focus on Chicanos since 1848	3
KIN V80	First Aid, Safety, AED, and CPR for the Professional	3
KIN V81	Fundamentals of Kinesiology	3
KIN V82	Psychology of Fitness and Sport Performance	3
KIN V83	Theory of Coaching	3
KIN V84	Introduction to Athletic Training	3
KIN V87	Sport in Society	3
KIN V88	Introduction to Sports Management	3
KIN V89	Women in Sport	3
MATH V04	College Algebra	4
MATH V05	Plane Trigonometry	3
MATH V20	Precalculus Mathematics	5
MUS V01	Fundamentals of Music	3
PHIL V01	Introduction to Philosophy	3
PHIL V02	Introduction to Ethics	3
PHIL V05	Critical Thinking and Analytical Writing	3
PHOT V01	Beginning Photography	3
PHSC V01	Concepts in Physical Science	4
PHYS V01	Elementary Physics	5
PHSO V01	Human Physiology	4
POLS C1000	American Government and Politics	3
POLS V02	Comparative Government	3
POLS V03	Introduction to Political Science	3
POLS V05	Introduction to International Relations	3
PSYC C1000	Introduction to Psychology	3
SOC V01	Introduction to Sociology	3
SOC V03	Racial and Ethnic Group Relations	3
STAT C1000	Introduction to Statistics	4
THA V01	Introduction to Theatre	3
THA V14	Movement for the Theatre	2
THA V17A	Musical Theatre History: Ancient Greece to the Golden Age of Musicals	3
THA V17B	Musical Theatre History: 1960s to Present Day	3
Required Additional Units		18
Total Units for the Certificate		29

****NOTE:**

There are 2 Plans of Study based on when the student athlete would be In-Season (competing), Fall or Spring.

Year 1**Fall Semester****Units/Hours**

Plan of Study for Fall In-Season Student Athlete

ICA V03	Intercollegiate Basketball: Men	4
or ICA V04	or Intercollegiate Basketball: Women	
or ICA V06	or Intercollegiate Cross-Country: Women	
or ICA V07	or Intercollegiate Football	
or ICA V13	or Intercollegiate Soccer: Women	
or ICA V22	or Intercollegiate Volleyball: Women	
or ICA V23	or Intercollegiate Water Polo: Men	
or ICA V24	or Intercollegiate Water Polo: Women	

KIN V10	Aerobic and Strength Training	1
or KIN V18	or Cardiovascular Fitness: Machine Training	
or KIN V19	or Indoor Cross Fitness Training	
or KIN V26	or Weight Training and Conditioning: Free Weights	

1 class from Restricted Elective Course List	3
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Units/Hours 8**Spring Semester**

ICA V30B	Off-season Conditioning for Athletes II	1
or ICA V31B	or Pre-season Conditioning for Athletes II	
or KIN V10	or Aerobic and Strength Training	
or KIN V18	or Cardiovascular Fitness: Machine Training	
or KIN V19	or Indoor Cross Fitness Training	
or KIN V26	or Weight Training and Conditioning: Free Weights	

2 classes from Restricted Elective Course List - 3-6 units (Spring)	6
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Units/Hours 7**Year 2****Fall Semester**

ICA V03	Intercollegiate Basketball: Men	4
or ICA V04	or Intercollegiate Basketball: Women	
or ICA V06	or Intercollegiate Cross-Country: Women	
or ICA V07	or Intercollegiate Football	
or ICA V13	or Intercollegiate Soccer: Women	
or ICA V22	or Intercollegiate Volleyball: Women	
or ICA V23	or Intercollegiate Water Polo: Men	
or ICA V24	or Intercollegiate Water Polo: Women	

KIN V10	Aerobic and Strength Training	1
or KIN V18	or Cardiovascular Fitness: Machine Training	
or KIN V19	or Indoor Cross Fitness Training	
or KIN V26	or Weight Training and Conditioning: Free Weights	

1 class from Restricted Elective Course List - 3-6 units	3
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Units/Hours 8**Spring Semester**

ICA V30B	Off-season Conditioning for Athletes II	1
or ICA V31B	or Pre-season Conditioning for Athletes II	
or KIN V10	or Aerobic and Strength Training	
or KIN V18	or Cardiovascular Fitness: Machine Training	
or KIN V19	or Indoor Cross Fitness Training	
or KIN V26	or Weight Training and Conditioning: Free Weights	

2 classes from Restricted Elective Course List - 3-6 units	6
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Units/Hours 7**Total Units/Hours 30****Year 1****Fall Semester****Units/Hours**

Spring Student Plan of Study for Spring In-Season Student Athlete

ICA V30B	Off-season Conditioning for Athletes II	1
or ICA V31B	or Pre-season Conditioning for Athletes II	
or KIN V10	or Aerobic and Strength Training	
or KIN V18	or Cardiovascular Fitness: Machine Training	
or KIN V19	or Indoor Cross Fitness Training	
or KIN V26	or Weight Training and Conditioning: Free Weights	

2 classes from Restricted Elective Course List	6
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Units/Hours 7

Spring Semester

ICA V02	Intercollegiate Baseball	4
or ICA V08	or Intercollegiate Golf	
or ICA V09	or Intercollegiate Flag Football: Women	
or ICA V14	or Intercollegiate Softball: Women	
or ICA V15	or Intercollegiate Swimming and Diving: Men	
or ICA V16	or Intercollegiate Swimming and Diving: Women	
or ICA V17	or Intercollegiate Tennis: Men	
or ICA V18	or Intercollegiate Tennis: Women	
or ICA V19	or Intercollegiate Track and Field: Men	
or ICA V20	or Intercollegiate Track and Field: Women	
or ICA V25	or Intercollegiate Beach Volleyball: Women	
1 class from Restricted Elective Course List		3
Units/Hours		7

Year 2**Fall Semester**

ICA V30B	Off-season Conditioning for Athletes II	1
or ICA V31B	or Pre-season Conditioning for Athletes II	
or KIN V10	or Aerobic and Strength Training	
or KIN V18	or Cardiovascular Fitness: Machine Training	
or KIN V19	or Indoor Cross Fitness Training	
or KIN V26	or Weight Training and Conditioning: Free Weights	
2 classes from Restricted Elective Course List		6
Units/Hours		7

Spring Semester

ICA V02	Intercollegiate Baseball	4
or ICA V08	or Intercollegiate Golf	
or ICA V09	or Intercollegiate Flag Football: Women	
or ICA V14	or Intercollegiate Softball: Women	
or ICA V15	or Intercollegiate Swimming and Diving: Men	
or ICA V16	or Intercollegiate Swimming and Diving: Women	
or ICA V17	or Intercollegiate Tennis: Men	
or ICA V18	or Intercollegiate Tennis: Women	
or ICA V19	or Intercollegiate Track and Field: Men	
or ICA V20	or Intercollegiate Track and Field: Women	
or ICA V25	or Intercollegiate Beach Volleyball: Women	
1 class from Restricted Elective Course List		3
Units/Hours		7
Total Units/Hours		28

Upon successful completion of this program, students will be able to:

- Demonstrate critical thinking skills when applying to game strategies and situations.
- Utilize critical thinking skills to apply knowledge in sports situations.