

ATHLETIC COACHING, CERTIFICATE OF ACHIEVEMENT

The Certificate of Achievement in Athletic Coaching is designed to prepare students to become certified coaches in the recreational and competitive athletics industry, and in the fitness and health-related fields. Students completing the certificate will be qualified to coach in recreation, club, interscholastic, intercollegiate, and professional athletic organizations, and in private business.

Additionally, students will be better prepared to work in fitness and health-related industries. Coursework focuses on coaching methodology, coaching diverse athlete populations, sports psychology, sports medicine, fitness and rehabilitation, and advanced skills knowledge.

Course ID	Title	Units/ Hours
Required Core Courses		
KIN V81	Fundamentals of Kinesiology	3
KIN V82	Psychology of Fitness and Sport Performance	3
KIN V83	Theory of Coaching	3
KIN V87	Sport in Society	3
Required Core Units		12
Required Additional Courses		
List A: Select 1 course from the following:		
KIN V80	First Aid, Safety, AED, and CPR for the Professional	3
KIN V84	Introduction to Athletic Training	3
List B: Select 1 course from the following:		
KIN V02	Swimming I	1
KIN V10	Aerobic and Strength Training	1
KIN V18	Cardiovascular Fitness: Machine Training	1
KIN V26	Weight Training and Conditioning: Free Weights	1
KIN V40A	Basketball I	1
KIN V44A	Tennis I	1
KIN V46A	Volleyball I	1
KIN V48A	Soccer I	1
Required Additional Units		4
Total Units for the Certificate		16

Year 1		
Fall Semester		Units/Hours
KIN V81	Fundamentals of Kinesiology	3
		Units/Hours
Spring Semester		
KIN V83	Theory of Coaching	3
KIN V10	Aerobic and Strength Training	1
		Units/Hours
Year 2		
Fall Semester		
KIN V82	Psychology of Fitness and Sport Performance	3

KIN V84	Introduction to Athletic Training	3
		Units/Hours
Spring Semester		
KIN V87	Sport in Society	3
		Units/Hours
		Total Units/Hours
		16

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

- Identify the multi-dimensional aspects of coaching in athletics, fitness and health related fields.
- Analyze multiple approaches to coaching methodology, sports psychology methodology and training techniques in kinesiology, sports and fitness.
- Explore transfer and career opportunities in kinesiology, athletics, fitness and health rehabilitation fields.