

# ATHLETIC COACHING, CERTIFICATE OF ACHIEVEMENT

The Athletic Coaching Certificate of Achievement is designed to prepare students to become certified athletic coaches in the recreational and competitive sports industry. Students completing the certificate will be more qualified to coach inter-scholastically, within sport organizations, and in private business. A final interview will conclude completion of the certificate. Courses focus on coaching methodology, coaching diverse athlete populations, sports psychology, sports medicine, and advanced skill knowledge.

## Learning Outcomes

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

- Formulate a full season plan of practice for the diverse athletes in their respective sport.
- Interpret the rules and regulation of student's sport of choice.

## Certificate of Achievement Requirements

Code	Title	Units
<b>Required Core</b>		
KINS 41	Prevention and Care of Athletic Injuries	3
KINS 43	Theory of Coaching	3
KINS 44	Sport in Society	3
KINS 48	Psychology of Fitness and Sport Performance	3
Select one course from the following:		1
PHED 2A	Golf I	
PHED 5A	Tennis I	
PHED 6A	Soccer I	
PHED 7A	Swimming I	
PHED 15A	Volleyball I	
PHED 22A	Introduction to Basketball	
PHED 24A	Beach Volleyball I	
PFIT 30A	Triathlon Training I	
Select one course from the following:		3
KINS 40	Introduction to Kinesiology	
KINS 45	Introduction to Careers in Sports Medicine and Allied Health	
<b>Total Units</b>		<b>16</b>

Please refer to the graduation requirements section of the Catalog for information about degree and certificate requirements including Reading and Writing, Mathematics, Information Competency, and General Education requirements.

The model sequence of coursework below is one pathway for students to complete the program. The information below is not an official educational plan. An MPC Counselor can assist you with creating a personalized education plan based on your academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling and up-to-date program requirements.

## Suggested Course Sequence

Year 1		Units
<b>Fall</b>		
KINS 41	Prevention and Care of Athletic Injuries	3
KINS 43	Theory of Coaching	3
KINS 44	Sport in Society	3
<b>Units</b>		<b>9</b>
<b>Spring</b>		
KINS 40 or KINS 45	Introduction to Kinesiology or Introduction to Careers in Sports Medicine and Allied Health	3
KINS 48	Psychology of Fitness and Sport Performance	3
PHED 2A or PHED 5A or PHED 6A or PHED 7A or PHED 15A or PHED 22A or PHED 24A or PFIT 30A	Golf I or Tennis I or Soccer I or Swimming I or Volleyball I or Introduction to Basketball or Beach Volleyball I or Triathlon Training I	1
<b>Units</b>		<b>7</b>
<b>Total Units</b>		<b>16</b>