

INTERCOLLEGIATE ATHLETIC COMPETITION, CERTIFICATE OF ACHIEVEMENT

The Certificate of Achievement in Intercollegiate Athletic Competition is for students who successfully participate in intercollegiate training courses, physical education courses or compete on an intercollegiate sports team. This certificate recognizes students for their commitment, athletic and academic achievements, and dedication to representing the College in their selected sport.

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

- Identify and apply various game strategies in the execution of technical skills.\n\n
- Work within a team to accomplish a common goal and represent the college.\n
- Improve cardiovascular health, muscular strength, and muscular endurance.

Certificate of Achievement Requirements

Code	Title	Units
Required Core		
Select one course from the following:		3
KINS 44	Sport in Society	
KINS 48	Psychology of Fitness and Sport Performance	
Select 5 units from the following:		5
ATHL 18	Fundamentals of Football	
ATHL 20.1	Skill Development for Baseball	
ATHL 20.10	Skill Development for Volleyball	
ATHL 20.11	Skill Development for Soccer - Men	
ATHL 20.12	Skill Development for Soccer - Women	
ATHL 20.13	Skill Development for Beach Volleyball	
ATHL 20.2	Skill Development for Basketball - Men	
ATHL 20.3	Skill Development for Basketball - Women	
ATHL 20.4	Skill Development for Football	
ATHL 20.5	Skill Development for Golf	
ATHL 20.6	Skill Development for Softball	
ATHL 20.8	Skill Development for Tennis	
ATHL 29	Varsity Athletic Conditioning	
ATHL 30.1	Intercollegiate Basketball: Women	
ATHL 30.2	Intercollegiate Softball: Women	
ATHL 30.3	Intercollegiate Volleyball: Women	
ATHL 30.6	Intercollegiate Soccer: Women	
ATHL 30.7	Intercollegiate Beach Volleyball: Women	
ATHL 31.1	Intercollegiate Football: Men	
ATHL 31.2	Intercollegiate Basketball: Men	
ATHL 31.3	Intercollegiate Baseball: Men	
ATHL 31.5	Intercollegiate Soccer: Men	
ATHL 32.1	Intercollegiate Track and Field: Women and Men	
ATHL 32.4	Intercollegiate Cross Country: Women and Men	
ATHL 61A	Elements of Football I	
PHED 5A	Tennis I	

PHED 6A	Soccer I
PHED 7A	Swimming I
PHED 9A	Pickleball I
PHED 10A	Flag Football I
PHED 12B	Competitive Swimming I
PHED 15A	Volleyball I
PHED 22A	Introduction to Basketball
PHED 23A	Martial Arts/Self-Defense I
PHED 24A	Beach Volleyball I

Select one course from the following: 1

PFIT 2	Core Fitness Training
PFIT 7	Distance Training
PFIT 8	Aerobic Conditioning
PFIT 9	Personal Fitness
PFIT 10A	Beginning Weight Training
PFIT 10B	Intermediate Weight Training
PFIT 10C	Advanced Weight Training
PFIT 20	Circuit Training
PFIT 50	Independent Fitness and Testing Program

List A

Select one course from the following: 3

KINS 41	Prevention and Care of Athletic Injuries
KINS 43	Theory of Coaching
KINS 45	Introduction to Careers in Sports Medicine and Allied Health
KINS 46	Principles of Strength Training and Conditioning
KINS 47	Principles of Exercise Prescription and Program Design

List B

Select two courses from two different areas: 6

Area 1 - Communications

COMM C1000	Introduction to Public Speaking
SPCH 2	Small Group Communication
SPCH 3	Interpersonal Communication

Area 2 - Arts and Humanities

ETNC 4	Mexican-American and Chicano Art
ETNC 5	African-American Arts and Music
PHIL 2	Introduction to Philosophy
HIST 12	Women in United States History
HIST 17	United States History to 1877
HIST 18	United States History from 1865
HIST 24	African Americans in U.S. History to 1877
HIST 25	African Americans in U.S. History 1865 to Present

Area 3 - Social Science (any course not already selected)

KINS 44	Sport in Society
KINS 48	Psychology of Fitness and Sport Performance
POLS C1000	American Government and Politics
PSYC C1000	Introduction to Psychology
PSYC 25	Lifespan Development

Total Units 18

Please refer to the program requirements section of the Catalog for information about associate degree requirements and certificate

requirements including Information Competency, and General Education requirements.