

# ATHLETICS, CERTIFICATE OF ACHIEVEMENT

Financial Aid Eligible  
Banner Code: 1\_CN\_ATHL  
Control Number: 33518

This Certificate of Achievement is designed for students who wish to participate in intercollegiate athletics at Orange Coast College and works towards completing lower division general education. 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.

## Program Outcomes

1. Student will make progress towards completing general education to be eligible to transfer to a four-year institution.
2. Students will gain transferable life skills related to teamwork, collaboration, dedication, and completion.

## Certificate of Achievement Requirements

The Certificate of Achievement is a state-approved career program that requires a minimum of eight units and is designed to prepare the graduate to enter a particular field of employment. In order to be awarded a certificate, students are required to obtain a grade of "C" or better in all program-required courses. Grades of "CR" or "P" will be accepted whereas "CR" or "P" meets the equivalency of a "C" or better. At least 3 units in an advanced course from the certificate must be completed at OCC at the department's discretion. Certificates of Achievement are not automatically awarded. A petition must be filed in Enrollment Services or online at the beginning of the semester in which the student will be completing their final requirements. The petitioning periods are listed in the Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/>) section of this catalog. Check with a counselor to determine the requirements for completion.

A list of certificate programs can be found in the Programs A-Z (<https://catalog.cccd.edu/orange-coast/programs-study/>) section of this catalog.

Course	Title	Units
<i>Choose 6 units from the following, including 3 units of intercollegiate athletics courses (Athl A235 - A263) and 3 units of team conditioning courses.</i>		
ATHL A235	Basketball Team - Women's	3
ATHL A236	Cross Country Team - Women's	3
ATHL A238	Crew Team - Women's	3
ATHL A239	Golf Team - Women's	3
ATHL A240	Soccer Team - Women's	3
ATHL A241	Fastpitch Team	3
ATHL A242	Swimming Team - Women's	3
ATHL A243	Tennis Team - Women's	3
ATHL A244	Track and Field Team - Women's	3
ATHL A245	Volleyball Team - Women's	3
ATHL A246	Water Polo Team - Women's	3
ATHL A247	Sand Volleyball Team-Women's	3

Course	Title	Units
ATHL A250	Baseball Team	3
ATHL A251	Basketball Team - Men's	3
ATHL A252	Crew Team - Men's	3
ATHL A253	Cross Country Team - Men's	3
ATHL A254	Football Team	3
ATHL A255	Golf Team - Men's	3
ATHL A257	Soccer Team - Men's	3
ATHL A258	Swimming Team - Men's	3
ATHL A259	Tennis Team - Men's	3
ATHL A260	Track and Field Team - Men's	3
ATHL A261	Volleyball Team - Men's	3
ATHL A263	Water Polo Team - Men's	3
ATHL A109	Sports Conditioning	0.5-2.5
ATHL A119	Athletic Team Training	0.5-5
ATHL A129	Fitness for Performance	0.5-2.5
KIN A105	Cardiovascular Fitness	0.5-2.5
KIN A106	Weight Training Level 1	1-2
KIN A107	Fitness Programs I	0.5-3
KIN A207	Fitness Programs II	0.5-3
KIN A108	Strength and Conditioning	0.5-3
KIN A208	Strength and Conditioning Level 3	0.5-3

### *Restricted Electives: Complete 12 units*

ANTH A100	Cultural Anthropology	3
ANTH A100H	Cultural Anthropology Honors	3
ASTR A100	Introduction to Astronomy	3
ANTH A190	Introduction to Linguistic Anthropology	3
ASTR A100H	Introduction to Astronomy Honors	3
ASTR A100L	Introduction to Astronomy Laboratory	1
ART A100	Survey of Western Art from Prehistory Through Gothic	3
ART A100H	Honors Survey of Western Art from Prehistory Through Gothic	3
ART A101	Survey of Western Art from Renaissance to Modern	3
ART A101H	Honors Survey of Western Art from Renaissance to Modern	3
ART A102	Survey of Modern and Contemporary Art History	3
ART A107	Introduction To Art	3
BIOL A100	Introduction to Biology	4
BIOL A100H	Introduction to Biology Honors	4
BIOL A125	Human Biology	3
BIOL A180	Introduction to Biology for Majors 1: Cell and Molecular Biology	4
BIOL A210	General Microbiology	5
BIOL A220	Human Anatomy	5
BIOL A225	Human Physiology	5
CHEM A100	Principles of Chemistry	3
CHEM A110	Introduction to Chemistry	5
CHEM A130	Preparation for General Chemistry	4
CHEM A180	General Chemistry A	5
CMST A100	Interpersonal Communication	3

Course	Title	Units	Course	Title	Units
CMST A110	Public Speaking	3	MRSC A185	Coastal Oceanography	3
CMST A180	Introduction to Mass Communications	3	MRSC A185L	Coastal Oceanography Lab	1
DMAD A181	Introduction to Computer Graphics	3	MUS A100	History and Appreciation of Western Classical Music	3
ECON A100	Economics: General Concepts	3	MUS A105	Music from Bach Up to Rock	3
ECON A170	Microeconomics	3	MUS A115	Fundamentals of Music	3
ECON A175	Macroeconomics	3	MUS A139	History of Rock Music	3
ESEC A100	Introduction to Environmental Science	3	RLST A100	Introduction to Religious Studies	3
ENGL A100	Freshman Composition	3	PHIL A100	Introduction to Philosophy	3
ENGL A101	Critical Reasoning: Fiction	4	PHIL A120	Ethics	3
ENGL A101H	Critical Reasoning: Fiction Honors	4	PHIL A150	Critical Reasoning & Writing	3
ETHS A100	Contemporary Ethnic America	3	PHOT A120	Introduction to Photography	3
ETHS A150	Ethnic Groups in the U.S.: Their Histories	3	PHOT A130	History and Aesthetics of Still Photography	3
FILM A100	History and Appreciation of the Cinema	3	PSCI A180	American Government	3
FILM A150	History of Radio & Television	3	PSYC A100	Introduction to Psychology	3
GEOG A100	World Regional Geography	3	PSCI A180H	American Government Honors	3
GEOG A100H	World Regional Geography Honors	3	PSYC A100H	Introduction to Psychology Honors	3
GEOL A105	General Geology	3	PSYC A160	Statistics for the Behavioral Sciences	4
GEOL A105H	General Geology Honors	3	PSYC A165	Principles of Human Sexuality 1	3
GEOL A105L	General Geology Laboratory	1	PSYC A220	Psychology of Personality	3
HIST A150	Ethnic Groups of the United States: Their Histories	3	PSYC A260	Social Psychology	3
HIST A161	World History 1	3	RLST A110	World Religion	3
HIST A161H	World History 1 Honors	3	SOC A100	Introduction to Sociology	3
HIST A170	History of the United States to 1876	3	SOC A100H	Introduction to Sociology Honors	3
HIST A170H	History of the United States to 1876 Honors	3	SOC A110	Introduction to Dating, Relationships, and Marriage	3
HIST A175	History of the United States Since 1876	3	SOC A150	Introduction to Race and Ethnicity	3
HIST A175H	History of the United States Since 1876 Honors	3	SOC A185	Analysis of Social Problems	3
HIST A180	Western Civilization 1	3	SOC A185H	Analysis of Social Problems Honors	3
HIST A180H	Western Civilization 1 Honors	3	THEA A100	Introduction to Theatre	3
HORT A100	Horticulture Science	3	THEA A101	Introduction to History and Literature of the Theatre	3
HMDV A180	Child Growth and Development	3	THEA A105	Drama And Acting (Total)	3
HUM A100	Introduction to the Humanities	3	<i>Total</i>		<i>18</i>
KIN A202	Introduction to Kinesiology	3			
KIN A270	Fitness and Health	3			
KIN A203	First Aid and CPR	2			
KIN A271	Drugs & Sports	3			
KIN A272	Movement Analysis	3			
KIN A280	Strength Conditioning/Theory	3			
KIN A282	Introduction to Exercise Physiology	3			
KIN A283	Nutrition, Fitness, and Performance	3			
MATH A100	Liberal Arts Mathematics	3			
MATH A115	College Algebra	4			
MATH A120	Trigonometry	3			
MATH A155	Finite Mathematics with Applications	4			
MATH A160	Introduction to Statistics	4			
MATH A170	Precalculus	4			
MATH A180	Calculus 1	4			
MATH A180H	Calculus 1 Honors	4			
MRSC A100	Oceanography	3			
MRSC A100H	Oceanography Honors	3			