

# ATHLETICS COACHING, CERTIFICATE OF ACHIEVEMENT

**Banner Code:** 1\_CN\_ATHC

**Control Number:** 39968

**Not Financial Aid Eligible**

Graduates of this certificate will be able to actively serve as an assistant or head coach through the application of what is learned in exercise and athletic psychology, coaching theory, and the coaching practicum where theory-based methods are observed and practiced in supervised observations.

## Program Outcomes

1. Upon completion of the program, students will demonstrate how to safely train and prepare athletes and teams for practices and competitions.
2. Students will be able to demonstrate and teach the skills and techniques to a variety of skill levels associated with the sport in their area of specialization
3. Students will be familiar with techniques for motivating athletes and team performance.

## 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/>) section of this catalog.

Course	Title	Units
<b>Required Courses</b>		
KIN A203	First Aid and CPR	2
KIN A204	Techniques and Theory of Coaching Athletes	3
KIN A273	Sports Medicine	3
KIN A289	Mental Performance and Exercise Psychology	3
KIN A205	Coaching Internship	2-4
<i>Restricted Electives: Select 3 units</i>		3
KIN A270	Fitness and Health	
KIN A279	Sports Management	
KIN A280	Strength Conditioning/Theory	

Course	Title	Units
KIN A282	Introduction to Exercise Physiology	
KIN A283	Nutrition, Fitness, and Performance	
KIN A288	Stress Management Theory and Application	
<b>Total Units</b>		<b>16-18</b>

## Program Sequence

These sequences at Orange Coast College are curriculum maps for students to finish all requirements for the certificate. There may be advisories, prerequisites, or time requirements that students need to consider before following these maps. **Students are advised to meet with an Orange Coast College Counselor for alternate sequencing.**

Course	Title	Units
<b>Year 1</b>		
<b>Semester 1</b>		
KIN A203	First Aid and CPR	2
KIN A204	Techniques and Theory of Coaching Athletes	3
KIN A273	Sports Medicine	3
KIN A289	Mental Performance and Exercise Psychology	3
<b>Units</b>		<b>11</b>
<b>Semester 2</b>		
KIN A205	Coaching Internship	2-4
RESTRICTED ELECTIVES- CHOOSE ONE		3
KIN A270	Fitness and Health	
KIN A279	Sports Management	
KIN A280	Strength Conditioning/Theory	
KIN A282	Introduction to Exercise Physiology	
KIN A283	Nutrition, Fitness, and Performance	
KIN A288	Stress Management Theory and Application	
<b>Units</b>		<b>5-7</b>
<b>Total Units</b>		<b>16-18</b>