

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.

Review Graduation Requirements (<https://catalog.cccd.edu/golden-west/graduation-requirements/certificates/#achievementtext>).

Course	Title	Units
Required Courses		
KIN A203	First Aid and CPR	2
KIN A204	Techniques and Theory of Coaching Athletes	3
KIN A273	Sports Medicine	3
KIN A289	Sport 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	
KIN A282	Introduction to Exercise Physiology	
KIN A283	Nutrition, Fitness, and Performance	
KIN A288	Stress Management Theory and Application	
Total Units		16-18

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
Year 1		
Semester 1		
KIN A203	First Aid and CPR	2
KIN A204	Techniques and Theory of Coaching Athletes	3
KIN A273	Sports Medicine	3
KIN A289	Sport and Exercise Psychology	3
Units		11
Semester 2		
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	
Units		5-7
Total Units		16-18