

# ATHLETIC COACH CERTIFICATE

PROGRAM CODE: 2C10616A

The **Athletic Coach Certificate** is designed to educate and prepare students to become certified athletic coaches in the recreational and competitive sports industry. Upon successful completion, students will earn a certificate and be more qualified to coach inter-scholastically and within sport organizations and private business. A minimum grade of C is required in each course taken. This certificate requires a total of 13-15 units, with at least 1 unit coming from the Restricted Elective list.

| Code                                                                                                                                                             | Title                                                                    | Units      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------|
| <b>Required Courses (12 units)</b>                                                                                                                               |                                                                          |            |
| PE 244 F                                                                                                                                                         | Techniques and Principles of Coaching                                    | 3          |
| PE 250 F                                                                                                                                                         | Sports and Society                                                       | 3          |
| PE 266 F                                                                                                                                                         | Fitness for Living (formerly Physical Fitness as a Lifelong Concept)     | 3          |
| PE 245 F<br>or PE 235 F                                                                                                                                          | Lifesaving, Basic Rescue and CPR<br>First Aid, CPR, and Safety Education | 3          |
| <i>American Red Cross certification can be substituted at the discretion of the Division. Students must take an additional 3 units from restricted electives</i> |                                                                          |            |
| <b>Restricted Electives - Select at least one course from the list below (1-3 units)</b>                                                                         |                                                                          | <b>1-3</b> |
| PE 105 F                                                                                                                                                         | Badminton                                                                | 1          |
| PE 112 F                                                                                                                                                         | Fencing                                                                  | 1          |
| PE 115 F                                                                                                                                                         | Golf                                                                     | 1          |
| PE 117 F                                                                                                                                                         | Gymnastics - Tumbling (formerly Gymnastics)                              | 1          |
| PE 126 F                                                                                                                                                         | Beach Volleyball                                                         | 1          |
| PE 127 F                                                                                                                                                         | Racquetball-Indoors                                                      | 1          |
| PE 134 F                                                                                                                                                         | Beginning Swimming                                                       | 1          |
| PE 139AF                                                                                                                                                         | Beginning Tennis                                                         | 1          |
| PE 144 F                                                                                                                                                         | Volleyball-Beginning                                                     | 0.5-1      |
| PE 145 F                                                                                                                                                         | Volleyball - Intermediate                                                | 0.5-1      |
| PE 154 F                                                                                                                                                         | Fitness Testing with Exercise Prescription                               | 3          |
| PE 180 F                                                                                                                                                         | Baseball                                                                 | 1          |
| PE 181 F                                                                                                                                                         | Intermediate/Advanced Basketball (formerly Basketball)                   | 1          |
| PE 185 F                                                                                                                                                         | Football - Defense                                                       | 3          |
| PE 189 F                                                                                                                                                         | Soccer II (formerly Soccer)                                              | 1          |
| PE 202 F                                                                                                                                                         | Intercollegiate Baseball                                                 | 3          |
| PE 203 F                                                                                                                                                         | Intercollegiate Basketball - Men                                         | 1          |
| PE 204 F                                                                                                                                                         | Intercollegiate Basketball - Women                                       | 1          |
| PE 205 F                                                                                                                                                         | Intercollegiate Cross Country - Men and Women                            | 3          |
| PE 207 F                                                                                                                                                         | Intercollegiate Football                                                 | 3          |
| PE 208 F                                                                                                                                                         | Intercollegiate Golf - Women                                             | 2          |
| PE 209 F                                                                                                                                                         | Intercollegiate Soccer                                                   | 3          |
| PE 210 F                                                                                                                                                         | Intercollegiate Softball - Women                                         | 3          |
| PE 211 F                                                                                                                                                         | Intercollegiate Swimming (formerly Swimming - Men)                       | 3          |

|          |                                                                                         |   |
|----------|-----------------------------------------------------------------------------------------|---|
| PE 214 F | Intercollegiate Tennis                                                                  | 3 |
| PE 215 F | Intercollegiate Track and Field - Men and Women (formerly Track - Men/Women)            | 3 |
| PE 217 F | Intercollegiate Sand Volleyball-Women                                                   | 2 |
| PE 218 F | Intercollegiate Volleyball - Women                                                      | 2 |
| PE 219 F | Intercollegiate Water Polo                                                              | 3 |
| PE 221 F | Intercollegiate Volleyball - Men                                                        | 3 |
| PE 252 F | Introduction to Kinesiology                                                             | 3 |
| PE 270 F | Exercise Nutrition                                                                      | 3 |
| PE 281 F | Professional Activities: Theory of Basketball                                           | 2 |
| PE 282 F | Theory of Coaching Softball                                                             | 2 |
| PE 283 F | Theory of Coaching Football (formerly Professional Activities/Theory of Football)       | 3 |
| PE 284 F | Theory of Coaching Soccer                                                               | 2 |
| PE 285 F | Theory of Coaching Volleyball (formerly Professional Activities - Theory of Volleyball) | 3 |

**Total Units** **13-15**

**Outcome 1:** Formulate a full season training curriculum using short and long-term goal setting..

**Outcome 2:** Demonstrate, communicate, and apply their knowledge and understanding of the "rules of game" in their chosen sport.

**Outcome 3:** Develop and apply their coaching philosophy.

**Outcome 4:** Create practice plans using the 5 components of fitness.

**Outcome 5:** Demonstrate effective communication skills and interpersonal skills with their athletes, parents, other coaches and co-workers, officials, community members, and the media.

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