

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
Required Courses (12 units)		
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	Lifesaving, Basic Rescue and CPR	3
or PE 235 F	First Aid, CPR, and Safety Education	
<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>		
Restricted Electives - Select at least one course from the list below (1-3 units)		1-3
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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