

# CERTIFICATE OF ACHIEVEMENT



# Strength and Performance Coach

The Strength and Performance Coach Certificate of Achievement is designed to prepare students for employment as a professional to enhance the performance of sport and tactical (police, fire, military) athletes. It is possible to complete this certificate in one calendar year. The curriculum has been designed to equip the student with the background, both theoretical and practical, to pursue a job promoting the physical conditioning of athletes. Strength and conditioning coaches also assist with the injury prevention and proper mechanics of athletes within their specific sport.

Courses in nutrition, exercise physiology, exercise testing and prescription, first aid, strength and conditioning biomechanics/anatomy, and injury prevention will prepare students for responsibilities in the field of strength and conditioning. The program will also expose students to other areas such as fitness, health promotion, coaching, pre-allied health, and medical fields.

To acquire the **Strength and Performance Coach Certificate of Achievement**, it is necessary to complete the following courses:

Required Courses	Units	N	IP	C
<b>KIN 122</b> Nutrition for Sport and Fitness	3			
<b>KIN 126</b> Principles of Strength and Conditioning	3			
<b>KIN 127</b> Exercise Physiology	3			
<b>KIN 128</b> Fitness Testing and Exercise Prescription	3			
<b>KIN 188</b> Theory and Practice of Coaching or <b>KIN 159</b> Leadership Empowerment of Sport	3			
<b>KIN 193</b> Standard First Aid and CPR or <b>KIN 197</b> Prevention and Treatment of Athletic Injuries	3			
<b>KIN 226</b> *Advanced Training Principles for Sport and Tactical Athletes	3			
<b>KIN 290</b> *Cooperative Work Experience/Internship for Athletic Training	1			
<b>Total units needed for Certificate of Achievement</b>	<b>22</b>			
Units Completed				