

Coaching of Sports

The **Coaching of Sports Certificate of Achievement** is designed to prepare students for employment as a coach in the sporting/athletic career field. It is possible to complete this certificate in one calendar year. The curriculum has been designed to equip students with the background, both theoretical and practical, to pursue a job as a coach. Students are prepared to complete the American Sports Education Program (ASEP) coaching certification, Positive Coaching Alliance (PCA) certifications and take the mandatory California Interscholastic Federation (CIF) test for employment. Courses in nutrition, strength and conditioning, first aid, or athletic training will prepare students for responsibilities in the field of coaching. The intent of this program is to prepare students in the field of physical activity so they may pursue a career in coaching: the courses offered will help students as they continue to pursue this career path, and prepare students for immediate entry-level employment in the field of coaching.

To acquire the **Certificate of Achievement in Coaching of Sports**, it is necessary to complete the following courses:

Required Courses	Units	N	IP	C
KIN 159 Leadership in Sport	3			
KIN 170 Sport and Exercise Psychology	3			
KIN 188 Theory of Coaching	3			
KIN 193 Standard First Aid and CPR	3			
KIN 122 Nutrition for Sport and Fitness Or	3			
KIN 126 Principles of Strength and Conditioning				
KIN 195 Sport and Society Or	3			
KIN 199 Sport, Film, and Culture				
Total units needed for Certificate of Achievement	18			
Units Completed				