

CERTIFICATE OF ACHIEVEMENT

Intercollegiate Athletic Competition

The Certificate of Achievement in Intercollegiate Athletic Competition is for student-athletes who successfully represent the College for two seasons of sport and complete at least three off-season intercollegiate training courses, or compete on an additional intercollegiate sport team. This certificate recognizes student-athletes for their commitment, athletic and academic achievements, and dedication in representing the College in their selected sport(s).

To acquire the **Certificate of Achievement in Intercollegiate Athletic Competition**, it is necessary to complete the following courses:

Required Courses		Units	N	IP	C
Complete six units in the following intercollegiate courses:					
KINA 170	Women's Intercollegiate Basketball Team	1.5			
KINA 171	Women's Intercollegiate Tennis Team	3			
KINA 172	Women's Intercollegiate Volleyball Team	3			
KINA 173	Women's Intercollegiate Softball Team	3			
KINA 176	Women's Intercollegiate Soccer Team	3			
KINA 180	Men's Intercollegiate Baseball Team	3			
KINA 181	Men's Intercollegiate Basketball Team	1.5			
KINA 185	Intercollegiate Swim Team	3			
KINA 188	Intercollegiate Water Polo Team	3			
KINA 189	Intercollegiate Wrestling Team	3			
KINA 190	Men's Intercollegiate Soccer Team	3			
KINA 192	Women's Intercollegiate Sand Volleyball Team	3			
KINA 270	Women's Intercollegiate Basketball Team II	1.5			
KINA 281	Men's Intercollegiate Basketball Team II	1.5			
Complete 3 units in the following off-season intercollegiate courses or an additional 3 unit intercollegiate course from above:					
KINA 147	Off-Season Conditioning for Intercollegiate Sports	1			
KINA 159	Cross Training for Intercollegiate Athletics	1			
KINA 202	Intercollegiate Baseball II	1			
KINA 203	Off season Softball				
KINA 206	Off Season Women's Intercollegiate Volleyball Training	1			
KINA 211	Off Season Women's Intercollegiate Tennis	1			
KINA 151	Strength and Conditioning for Intercollegiate Athletics	1			
KINA 276	Off-Season for Intercollegiate Soccer	1			
Block 1: Choose one course from the following:					
ENGL C1000	*Academic Reading and Writing	3.5			
PHIL 110/H	*Critical Thinking/*Honors	3			
KIN 120	Sports Law and Ethics	3			
PHIL 120	Introduction to Ethics	3			
KIN 122	Nutrition for Sport and Fitness	3			

KIN 126 Principles of Strength and Conditioning	3			
KIN 127 Exercise Physiology	3			
KIN 131 Functional Anatomy of Movement	3			
Block 2: Choose one course from the following:				
KIN 159 Leadership in Sport	3			
KIN 170 Sport and Exercise Psychology	3			
KIN 188 Theory of Coaching	3			
KIN 190 Women in Sport	3			
KIN 195 Sport and Society	3			
KIN 199 Sport, Film, and Culture	3			
Choose one additional course from Block 1 or 2 not already taken.	3			
Total units needed for Certificate of Achievement	18-21			
Units Completed				