

# CERTIFICATE OF ACHIEVEMENT



# Peak Performance for Sport

The Certificate of Achievement in Peak Performance for Sport is designed for students seeking employment in the sport, athletic, coaching, and fitness fields. Students study physiological, psychological and sociological principles to evaluate human performance for youth, high school, collegiate, and professional athletes and teams. Students learn the basic anatomical principles used to maximize performance, biomechanics, program design, training techniques, and the role of nutrition to increase energy and enhance performance. Students in the program use social scientific inquiry through descriptive and comparative investigation to evaluate the connection between cognitive strategies and performance in fitness and sport. This certificate can be completed in one year.

To acquire the **Certificate of Achievement in Peak Performance for Sport**, it is necessary to complete the following courses:

Required Courses		Units	N	IP	C
KIN 122	Nutrition for Sport and Fitness	3			
KIN 126	Principles of Strength and Conditioning	3			
KIN 170	Sport and Exercise Psychology	3			
<b>Choose one of the following courses:</b>					
KIN 131	Functional Anatomy of Movement	3			
KIN 188	Theory of Coaching	3			
KIN 159	Leadership in Sport	3			
<b>Choose one of the following courses:</b>					
DANC 114	Conditioning & Alignment for the Dancer	1			
KINA 139	Cross Training for Fitness	1			
KINA 148	Strength Training	1			
KINA 136	Pilates Mat I	1			
KINA 158	Yoga I	1			
<b>Total units needed for Certificate of Achievement</b>		<b>13</b>			
Units Completed					