

## 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:

<b>Required Courses</b>	<b>Units</b>	<b>N</b>	<b>IP</b>	<b>C</b>
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				