



# 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 the student with the background, both theoretical and practical, to pursue a job as a coach. Students will be prepared to take the mandatory C.I.F. test for employment. Courses in nutrition, strength and conditioning, first aid or athletic training will prepare the student 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 classes offered will help students as they continue to pursue this career path. The program will prepare students for immediate entry-level employment in the field of coaching.

Required Courses	Units	N	IP	C
<b>KIN 122</b> Nutrition for Sport and Fitness	<b>3</b>			
<b>KIN 126</b> Principles of Strength and Conditioning	<b>3</b>			
<b>KIN 195</b> Social Issues/Media in Sport	<b>3</b>			
<b>KIN 157</b> Theory of Lifeguard Training and Water Safety Instruction	<b>3</b>			
or				
<b>KIN 188</b> Theory and Practice of Coaching				
<b>KIN 193</b> Standard First Aid and CPR	<b>3</b>			
or				
<b>KIN 197</b> Prevention and Treatment of Athletic Injuries				
<b>Total units needed for Certificate of Achievement</b>	<b>15</b>			
Units Completed				