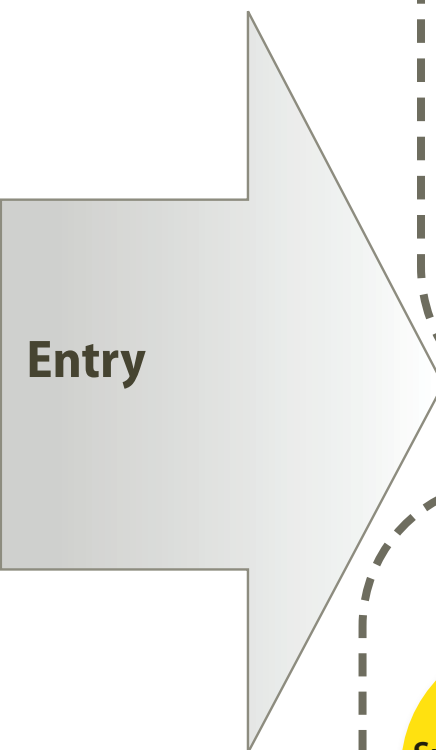


Coaching Certificate of Achievement



Required
 Elective

REQUIRED

HSCI 230 Advanced First Aid/CPR	KINES 234 Introduction to Sports Medicine and Athletic Training
KINES 240 Principles of Optimizing Human Performance	KINES 242 Exercise Techniques and Fitness Assessments
KINES 246 Sport and Exercise Psychology	KINES 260 Theory of Coaching Sports

PLUS at least 3 units from

NUTRI 120 Sports Nutrition: Fueling the Athlete	NUTRI 160 Nutrition: Science and Applications
-----------------------------------------------------------	---------------------------------------------------------

PLUS at least 2 units from*

KNACT 100A Beginning Swimming	KNACT 100B Intermediate Swimming	KNACT 160A Beginning Badminton
KNACT 160B Intermediate Badminton	KNACT 160B Intermediate Badminton	KNACT 164B Intermediate Golf
KNACT 166A Beginning Tennis	KNACT 170A Beginning Basketball	KNACT 170B Intermediate Basketball
KNACT 174A Beginning Men's Lacrosse	KNACT 174B Intermediate Men's Lacrosse	KNACT 176A Beginning Soccer
KNACT 176B Intermediate Soccer	KNACT 182A Beginning Volleyball	KNACT 182B Intermediate Volleyball
KNACT 182C Advanced Volleyball	KNACT 195A Beginning Plyometrics and Agility Training for Female Athletes	KNACT 195B Intermediate Plyometrics and Agility Training for Female Athletes
	KNACT 195C Advanced Plyometrics and Agility Training for Female Athletes	

OR at least 2 units from

KNICA 199 Sport-Specific Athletic Conditioning	KNICA 200 Intercollegiate Baseball, Men	KNICA 202A Intercollegiate Basketball-A, Men
KNICA 202B Intercollegiate Basketball-B, Men	KNICA 203A Intercollegiate Basketball-A, Women	KNICA 203B Intercollegiate Basketball-B, Women
KNICA 206 Intercollegiate Football, Men	KNICA 210 Intercollegiate Soccer, Women	KNICA 215 Intercollegiate Softball, Women
KNICA 216 Intercollegiate Swimming and Diving, Men	KNICA 217 Intercollegiate Swimming and Diving, Women	KNICA 223 Intercollegiate Volleyball, Women
KNICA 224 Intercollegiate Water Polo, Men	KNICA 225 Intercollegiate Water Polo, Women	

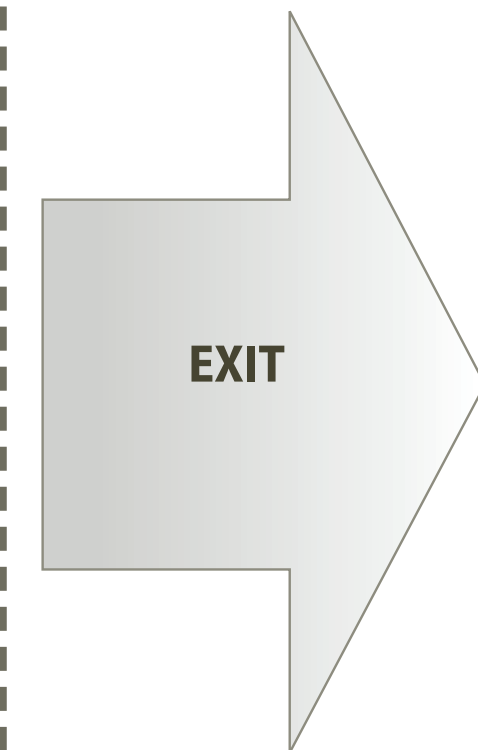
***Activity courses or intercollegiate athletic participation must be in the selected area of coaching emphasis.**

total minimum required units 33

PROGRAM LEARNING OUTCOMES

Students completing this program will be able to

1. Develop practice plans, analyze strategy and teach techniques specific to a chosen sport.
2. Incorporate concepts of an athlete's psychological and physical health to improve performance.
3. Develop an educational and career plan matched to their skills, aptitudes, and professional requirements.



Careers in

- Prepares students to be an effective recreational, youth or secondary school coach.

You need to see a Counselor for specific recommendations about courses that will best meet your educational goals. Not all courses on the map are offered every term. Consult the Catalog and the Schedule of Classes for more details.

For information about transferring, see:
<https://www.dvc.edu/enrollment/transfer/index.html>

For information on careers in this field see:
<https://www.dvc.edu/enrollment/career-employment/index.html>