

COACHING (CERTIFICATE E0804)

Kinesiology, Athletics and Dance Division

Certificate E0804

This certificate program is intended to prepare students for employment as high school (walk-on) coaches, but is appropriate for coaches at various levels.

Required Courses

Course Prefix	Course Name	Units
KIN 13	Sports Officiating	3
KIN 34	Fitness for Living	3
KIN 44	Theory of Coaching	3
KIN 81	Work Experience for Coaching	2
Total Units		11

Exit Requirement: First Aid and CPR Certification

Kinesiology, Athletics, and Dance Website (<http://www.mtsac.edu/kinesiology/>)

Program Learning Outcomes

Upon successful completion of this program, a student will be able to:

- Develop and apply their coaching philosophy.
- Create practice plans using the 5 components of fitness.
- Communicate and apply their knowledge and understanding of the "rules of game" in their chosen sport.
- Create full season training curriculum using short and long-term goal setting.
- Demonstrate effective communication skills and interpersonal skills with their athletes, parents, other coaches and co-workers, officials, community members, and the media.

Review Student Learning Outcomes (SLOs) (<http://www.mtsac.edu/instruction/outcomes/sloinfo.html>) for this program.