

# MINOR/CERTIFICATE IN ATHLETIC COACHING

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This sequence of courses is for students who are interested in coaching and/or pursuing a career in coaching. It provides the knowledge and skill base required for coaching club, school, and community athletic teams.

All coursework used to satisfy the requirements of the minor must be completed with a minimum grade point average of 2.0.

## Athletic Coaching, Minor/Certificate – 22 units

### Core (17 units)

Code	Title	Units
BIOL 220 or BIOL 328	Principles of Human Anatomy Human Anatomy	4
KIN 294	CPR	1
KIN 331	Peak Performance	3
KIN 355	Science, Sport, and Fitness	3
KIN 404	Sport and Exercise Psychology (KIN 250 prerequisite not required if non-Kinesiology major)	3
KIN 486	Motor Learning (KIN 250 prerequisite not required if non-kinesiology major)	3

### Electives (4 units)

Select two courses from the following:<sup>1</sup> (Previous competitive experience in the sport or consent of instructor is required.)

Code	Title	Units
KIN 305	Instructional Analysis: Track, Field, and Gymnastics Floor Activities	2
KIN 307	Instructional Analysis: Basketball and Volleyball	2
KIN 308	Instructional Analysis: Fitness Activities	2
KIN 309	Instructional Analysis: Soccer and Softball	2
KIN 620	Advanced Practicum in Kinesiology	2
KIN 621	Advanced Practicum in Kinesiology	2

### Culminating Experience

Code	Title	Units
KIN 570	Directed Coaching Experience	1

A one-season coaching experience in youth athletics, recreation leagues, interscholastic, or intercollegiate athletics in a sport in which a coaching course is selected.

<sup>1</sup> Community college courses in coaching are accepted as substitutes.