



# PHYSICAL EDUCATION COACHING 2012-2013

Name: \_\_\_\_\_

SSN/ID: \_\_\_\_\_

Complete the following program of study:

Date: \_\_\_\_\_

<b>Certificate in Coaching</b> <b>(R.4210.CN)</b> <b>Major requirements (15-18 units minimum)</b>	units	completed	in progress	planned
HLTH 1 – Contemporary Health Issues	3			
HLTH 2 – First Aid and Safety	3			
PE 20 – Athletic Training	4			
PE 22 – Introduction to Physical Education	3			
Select two classes from the following: PE 2 – Aerobics (1), PE 4 – Badminton (1), PE 5 – Basketball (1), PE 6 – Fitness and Health (1), PE 7 – Golf (1), PE 10 – Racquetball (1), PE 12 – Beginning Swim for Fitness (1), PE 12B – Intermediate Swim for Fitness (1), PE 12C – Advanced Swim for Fitness (1), PE 13 – Tennis (1), PE 14 – Volleyball (1), PE 15 – Weight Training (1), PE 15B – Advanced Weight Training (1), PE 16 – Fitness Walking (1), PE 18 – Floor Exercises (1), PE 19 – Weight Training and Aerobics (1), PE 19B – Advanced Weight Training and Aerobics (1), PE 30A – Theory of Baseball (1), PE 30B – Competitive Baseball (3), PE 30C – Off-Season Conditioning for Baseball (1), PE 31A – Theory of Basketball (1), PE 31B – Competitive Basketball (3), PE 31C – Off-Season Conditioning for Basketball (1), PE 33A – Theory of Football (1), PE 33B – Competitive Football (3), PE 33C – Off-Season Conditioning for Football (1), PE 34A – Theory of Golf (1), PE 34B – Competitive Golf (3), PE 34C – Off- Season Conditioning for Golf (1), *PE 35B – Pep and Cheer (3), PE 37A – Theory of Softball (1), PE 37B – Competitive Softball (3), PE 37C Off-Season Conditioning for Softball (1), PE 38A – Theory of Tennis (1), PE 38B – Competitive Tennis (3), PE 38C – Off-Season Conditioning for Tennis (1), **PE 39A – Theory of Track and Field (1), **PE 39B – Competitive Track and Field (2), **PE 39C – Off-Season Conditioning for Track and Field, PE 40A – Theory of Volleyball (1), PE 40B – Competitive Volleyball (3), PE 40C – Off-Season Conditioning for Volleyball (1), PE 49A – Beginning Circuit Training (1), PE 71 – Soccer (1)	2-6			

Notes: BIOL 20 – Human Anatomy and FN 40 – Nutrition are recommended but not required for the certificate.

\* This course is offered subject to demand.

\*\* These courses are currently not offered.

Faculty Advisors: Mrs. Becky Allen (WI), Mr. Brian Fonseca (Reedley), Mr. Jack Hacker (Reedley), Mrs. Shannon Jefferies (Reedley), Mr. Kim Locklin (Reedley), Ms. Kristen Mattox (Madera), Mrs. Kathy O'Connor (Reedley), Mr. Scott Stark (Reedley), and Mr. Randy Whited (Reedley)