PROGRAM OF STUDY

COACHING Certificate in

Students who complete this program will be well-informed of current topics associated with the coaching profession. Topics include Title IX, prevention and treatment of injuries, and basic coaching pedagogy. Completion of the program prepares students for coaching at elementary, middle, and high school levels as well as recreational coaching.

PE20 ATHLETIC TRAINING 4 PE22 INTRODUCTION TO PHYSICAL EDUCATION 3 HLTH1 CONTEMPORARY HEALTH ISSUES 3 HLTH2 FIRST AID AND SAFETY 3 Select 1-4 units Units 1 DANCE10 Modern Dance 1 DANCE10 Modern Dance 1 DEXCE14 Beginning Jazz Dance 1 PE2 Aerobics (Dance, Step or Water) 1 PE3 Basketball 1 PE4 Badminton 1 PE5 Basketball 1 PE6 FITNESS AND HEALTH 1 PE7 GOLF 1 PE10 Racquetball 1 PE12 Beginning Swim for Fitness 1 PE14 VOLLEYBALL 1 PE15 Weight Training 1 PE16 Fitness Walking 1 PE18 Floor Exercises 1 PE19 Weight Training and Aerobics 1 PE30B <	Required Courses		Units
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PE31ATHEORY OF BASKETBALL1PE31BCOMPETITIVE BASKETBALL3PE31COFF-SEASON CONDITIONING FOR BASKETBALL1PE33ATHEORY OF FOOTBALL1PE33BCOMPETITIVE FOOTBALL3PE33COFF-SEASON CONDITIONING FOR FOOTBALL1PE34ATHEORY OF GOLF1PE34BCOMPETITIVE GOLF3PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL3	PE30B	COMPETITIVE BASEBALL	3
PE31BCOMPETITIVE BASKETBALL3PE31COFF-SEASON CONDITIONING FOR BASKETBALL1PE33ATHEORY OF FOOTBALL1PE33BCOMPETITIVE FOOTBALL3PE33COFF-SEASON CONDITIONING FOR FOOTBALL1PE34ATHEORY OF GOLF1PE34BCOMPETITIVE GOLF3PE34COFF-SEASON CONDITIONING FOR GOLF1PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE30C	OFF-SEASON CONDITIONING FOR BASEBALL	1
PE31COFF-SEASON CONDITIONING FOR BASKETBALL1PE33ATHEORY OF FOOTBALL1PE33BCOMPETITIVE FOOTBALL3PE33COFF-SEASON CONDITIONING FOR FOOTBALL1PE34ATHEORY OF GOLF1PE34BCOMPETITIVE GOLF3PE34COFF-SEASON CONDITIONING FOR GOLF1PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE31A	THEORY OF BASKETBALL	1
PE33ATHEORY OF FOOTBALL1PE33BCOMPETITIVE FOOTBALL3PE33COFF-SEASON CONDITIONING FOR FOOTBALL1PE34ATHEORY OF GOLF1PE34BCOMPETITIVE GOLF3PE34COFF-SEASON CONDITIONING FOR GOLF1PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE31B	COMPETITIVE BASKETBALL	3
PE33BCOMPETITIVE FOOTBALL3PE33COFF-SEASON CONDITIONING FOR FOOTBALL1PE34ATHEORY OF GOLF1PE34BCOMPETITIVE GOLF3PE34COFF-SEASON CONDITIONING FOR GOLF1PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE31C	OFF-SEASON CONDITIONING FOR BASKETBALL	1
PE33COFF-SEASON CONDITIONING FOR FOOTBALL1PE34ATHEORY OF GOLF1PE34BCOMPETITIVE GOLF3PE34COFF-SEASON CONDITIONING FOR GOLF1PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE33A	THEORY OF FOOTBALL	1
PE34ATHEORY OF GOLF1PE34BCOMPETITIVE GOLF3PE34COFF-SEASON CONDITIONING FOR GOLF1PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE33B	COMPETITIVE FOOTBALL	3
PE34BCOMPETITIVE GOLF3PE34COFF-SEASON CONDITIONING FOR GOLF1PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE33C	OFF-SEASON CONDITIONING FOR FOOTBALL	1
PE34COFF-SEASON CONDITIONING FOR GOLF1PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE34A	THEORY OF GOLF	1
PE35BPEP SQUAD3PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE34B	COMPETITIVE GOLF	3
PE37ATHEORY OF SOFTBALL1PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE34C	OFF-SEASON CONDITIONING FOR GOLF	1
PE37BCOMPETITIVE SOFTBALL3PE37COFF-SEASON CONDITIONING FOR SOFTBALL1	PE35B	PEP SQUAD	3
PE37C OFF-SEASON CONDITIONING FOR SOFTBALL 1	PE37A	THEORY OF SOFTBALL	1
	PE37B		3
	PE37C	OFF-SEASON CONDITIONING FOR SOFTBALL	1
	PE38A	THEORY OF TENNIS	1
PE38B COMPETITIVE TENNIS 3			3
PE38COFF-SEASON CONDITIONING FOR TENNIS1	PE38C	OFF-SEASON CONDITIONING FOR TENNIS	1

PE39A	THEORY OF TRACK AND FIELD	1
PE39B	Competitive Track and Field	3
PE39C	Off-Season Conditioning for Track and Field	1
PE40A	Theory of Volleyball	1
PE40B	Competitive Volleyball	3
PE40C	Off-Season Conditioning for Volleyball	1
PE49A	Beginning Circuit Training	1
PE71	Soccer	1
Recommended courses: Biology 20, Food and Nutrition 35, 40		Units
Total Units		14 - 17
Effective Term: Fall 207	13	