

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.

Required Courses

		Units
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
DANCE9	Dance Conditioning	1
DANCE10	Modern Dance	1
DANCE14	Beginning Jazz Dance	1
PE2	Aerobics (Dance, Step or Water)	1
PE4	Badminton	1
PE5	Basketball	1
PE6	FITNESS AND HEALTH	1
PE7	GOLF	1
PE10	Racquetball	1
PE12	Beginning Swim for Fitness	1
PE12B	Intermediate Swim for Fitness	1
PE12C	Advanced Swim for Fitness	1
PE13	TENNIS	1
PE14	VOLLEYBALL	1
PE15	Weight Training	1
PE15B	Advanced Weight Training	1
PE16	Fitness Walking	1
PE18	Floor Exercises	1
PE19	Weight Training and Aerobics	1
PE19B	Advanced Weight Training and Aerobics	1
PE30A	THEORY OF BASEBALL	1
PE30B	COMPETITIVE BASEBALL	3
PE30C	OFF-SEASON CONDITIONING FOR BASEBALL	1
PE31A	THEORY OF BASKETBALL	1
PE31B	COMPETITIVE BASKETBALL	3
PE31C	OFF-SEASON CONDITIONING FOR BASKETBALL	1
PE33A	THEORY OF FOOTBALL	1
PE33B	COMPETITIVE FOOTBALL	3
PE33C	OFF-SEASON CONDITIONING FOR FOOTBALL	1
PE34A	THEORY OF GOLF	1
PE34B	COMPETITIVE GOLF	3
PE34C	OFF-SEASON CONDITIONING FOR GOLF	1
PE35B	PEP SQUAD	3
PE37A	THEORY OF SOFTBALL	1
PE37B	COMPETITIVE SOFTBALL	3
PE37C	OFF-SEASON CONDITIONING FOR SOFTBALL	1
PE38A	THEORY OF TENNIS	1
PE38B	COMPETITIVE TENNIS	3
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 2013

PID 416