

COACHING, CERTIFICATE OF ACHIEVEMENT (C)

Overview

Program Goals and Objectives

1. Prepare students with skills that will help them be employable.
 - Learn different styles and philosophies of coaching
 - Learn student engagement techniques and strategic planning
 - Learn basic pedagogy of sport, injury prevention, and interpersonal skills such as conflict resolution
2. Work experience will allow a student to learn how to become workforce ready and gainfully employed.
 - Proficient in practice planning, motivation and leadership
 - Support the employer with coaching and interpersonal relationship skills
3. Prepare students for continuing education and possible transfer.

Positions that students can expect to find upon completion of the Coaching Certificate include but are not limited to:

- Fitness Coaches
- Swim Team Coaches
- Coaches
- Volleyball Coaches
- Soccer Coaches

Requirements

Certificate of Achievement Requirements

Complete all Major Requirements for the Certificate of Achievement with a C or better or Pass in each course. Candidates for a Certificate of Achievement are required to complete at least 20% of the major requirements through SBCC.

Code	Title	Units
Major Requirements		
Required Core		
HE 103	Responding to Medical Emergencies	3
PE 200	Introduction to Kinesiology	3
PE 216	Competition, Motivation And The Athlete	1
PE 218	Introduction To Coaching/Teaching	3
PE 270	Coaching the Young Athlete	3
PE 271	Leadership for Students Athletes	1
PE 290	Work Experience in Physical Education/Health Education	2
Total Units		16.00

Learning Outcomes

1. Identify special considerations in coaching diverse athletes including age, gender, cultural background, and ability.
2. Demonstrate appropriate age-specific psychological techniques to enhance communication for athletic performance.
3. Identify and develop a risk management plan for equipment, athletes, supervision, facilities, and additional areas that are specific to the sport.
4. Analyze the different styles and philosophies of coaching.
5. Analyze the numerous roles and responsibilities of coaching.

Recommended Sequence

Make an appointment with your SBCC academic counselor through Starfish to create a Student Education Plan that reflects a recommended course sequence for this program that is tailored to your individual needs.

How to schedule an Academic Counseling appointment (<https://www.sbcc.edu/counselingcenter/counselingappointments.php>).