

Athletic Coaching

Certificate (C550)

Required Courses

Present a valid CPR certificate **OR**

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| EMTS 1130 | AHA Healthcare Provider CPR..... | 1 cr |
| PHED 1521 | Body Conditioning OR | |
| PHED 1522 | Weight Training OR | |
| PHED 1523 | Strength Training for Women | 2 cr |
| PHED 1570 | Theory of Coaching | 2 cr |
| PHED 1575 | Introduction to Sport Psychology for Coaches.... | 3 cr |
| PHED 1583 | Care and Prevention of Athletic Injuries | 2 cr |
| PHED 1594 | Fitness for Life OR | |
| PHED 1597* | Honors Fitness for Life | 2-3 cr |

GRADUATION REQUIREMENT - 12 CREDITS

*Denotes Prerequisites

Description

This certificate is offered to anyone interested in coaching sports/athletics at any level. Students will learn about coaching responsibilities and duties, caring for athletes, training techniques for athletes, and mentally preparing athletes for peak performance. Courses are taught by faculty coaches with many years of successful experience, including regional and national-level competitions.

Outcomes

- Prepare to be a successful coach
- Understand how coaches might use motivational techniques, feedback, and knowledge to impact athletic performance
- Accept the value and the responsibility of coaching
- Value the lifelong experiences athletics has to offer
- Respond to athletic emergencies efficiently
- Prevent and care for athletic injuries
- Design a personal coaching philosophy
- Relate the proper strength training techniques to the proper sport
- Understand all the components of fitness.
- Design a personal fitness program related to a specific sport
- Understand basic anatomy and physiology

Pre-Program Requirements

Some courses may require students to meet College Placement Levels in reading, writing, and/or math. See an advisor for more information.

Graduation Requirements

In addition to the program requirements, students must meet the following conditions in order to graduate:

- College Cumulative GPA Requirement: cumulative grade point average (GPA) of credits attempted and completed at CLC must be at least 2.0;
- Residency Requirement: students must complete 25% of their credits at Central Lakes College.

Career & Transfer

The Athletic Coaching certificate meets the requirements of the Minnesota State High School League and Minnesota Statute 122A.33, which dictates the minimum coaching education necessary to be a head coach at the high school level. The Coaching Certificate also meets the requirements and recommendations of many school districts and youth sports organizations to coach at any level.