



**Department of Kinesiology
Minor/Certificate in Athletic Coaching**

Effective Fall 2003

This sequence of courses is for students who are interested in coaching and/or pursuing a career in coaching. It provides a knowledge and skills base for coaching school, club and community athletic teams.

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| Core: | <u>19-20 units</u> |
| KIN 294 First Aid (KIN 295 optional) | 1-2 |
| KIN 318 Coaching Youth Sports | 3 |
| KIN 321 Introduction to Sport Injury Care | 2 |
| BIO 328 Human Anatomy | 4 |
| KIN 355 Science, Sport and Fitness | 3 |
| KIN 486 Motor Learning (350 prerequisite not required) | 3 |
| KIN 504 Psychology of Sport and Exercise | 3 |

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| Select Two Courses from the Following: | <u>4 units</u> |
| KIN 305 Instructional Analysis: Track, Field, and Gymnastics | 2 |
| KIN 306 Instructional Analysis: Racquet Sports | 2 |
| KIN 307 Instructional Analysis: Basketball and Volleyball | 2 |
| KIN 308 Instructional Analysis: Fitness Activities | 2 |
| KIN 309 Instructional Analysis: Soccer and Softball | 2 |
| KIN 620/621 Advanced Practicum in Kinesiology (Upon advisor approval, to be used for coaching education in wrestling and other sports) | 2 |

(Note: All above courses require previous experience and skill in the sport, or permission of instructor to enroll. Upon advisor approval, students may and are encouraged to enroll in coaching theory and sport instructional courses at local community colleges, i.e. CCSF & Skyline.)

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| Culminating Experience: | <u>1 unit</u> |
| KIN 570 Directed Coaching Experience | 1 |
| A one-season coaching experience in youth athletics, recreational leagues, interscholastic or intercollegiate athletics in a sport in which a coaching course was selected. | |

Total Units 24-25¹

Note 1: With advisor approval, community college and transfer students may transfer a maximum of 12 appropriate units.

(see back)

Additional Recommended Electives: It is recommended students take up to 6 units of additional elective courses that would support their career as a coach. The following courses are recommended. Your advisor may have additional course suggestions unique to your circumstances.

Select one course from each group: Units

Group A:

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| KIN 322 The Sport Experience | 3 |
| KIN 450: Performance Enhancing Substances in Sport and Exercise | 3 |
| KIN 502 Sport and Social Issues | 3 |
| KIN 663 Motivation and Physical Performance | 3 |

Group B:

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| KIN 300 Health-Related Fitness and Wellness | 3 |
| KIN 475 Anatomical & Mechanical Bases of Human Movement | 3 |
| DFM 253 Nutrition in Health and Disease (or an approved nutrition course) | 3 |

Other pertinent courses:

- KIN 331 Peak Performance
- KIN 320 Officiating
- KIN 485 Biomechanics
- KIN 340 Orientations to Teaching in Physical Education
- KIN 401 Elementary School Physical Education
- KIN 580 Instructional Strategies for Middle and High School Physical Education,
Grades 6-12
- KIN 536 Movement for Individuals with Mild Disabilities
- KIN 487 Motor Development
- REC 320 Growth Through Adventure
- PSY 430 Adolescent Development