



# Athletic Coaching Certificate

| Code   | Title   | Credits      |
|--|---|--------------|
| <b>Required Courses</b>  |   |              |
| HPER 108   | Exercise Techniques for Resistance Training                     | 1            |
| HPER 207   | Prevention and Care of Athletic Injuries                        | 2            |
| HPER 210   | First Aid & CPR   | 1            |
| HPER 307   | Philosophy and Application of Coaching                          | 2            |
| HPER 350   | Sport Ethics  | 2            |
| HPER 498   | Coaching Practicum  | 1-2          |
| <b>Electives</b>   |   |              |
| Select one of the following:   |   | 2-3          |
| HPER 212   | Introduction to Stress Management                               |              |
| HPER 240   | Principles of Nutrition   |              |
| HPER 300   | Drug Education and Information                                  |              |
| HPER 309   | Sport Nutrition Concepts  |              |
| HPER 382   | Strength and Conditioning for High School Athletes              |              |
| HPER 410   | Organization and Administration of Physical Education and Sport |              |
| HPER 425   | Sport Psychology  |              |
| Students taking Coaching Practicum must register for HPER 498 and arrange the Practicum through the course instructor.<br>Prerequisites: HPER 207 and HPER 210 |   |              |
| The same courses may not be used to fulfill requirements in two areas except when the student is graduating with a double major or more than one minor.        |   |              |
| <b>Total Credits</b>   |   | <b>11-13</b> |