

## Athletic Coaching Certificate

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### Program Description

The Athletic Coaching Certificate prepares the student for entry level employment through cross disciplinary instruction in the fields of exercise science, biology, psychology, physical education and first aid. In addition, this program prepares the student, or current coaching professional, for successful completion of the national coaching certification exam with American Sport Education Program (ASEP), which is an approved provider of coaching education to the Arizona Interscholastic Association (AIA).

### Program Contacts

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### Program Outcomes

Upon successful completion of the Athletic Coaching Certificate program, the learner will be able to:

1. Identify terms and functions pertaining to the systems of the body as they relate to exercise and sport. (PHE 150, 154; BIO 160 and/or 201)
2. Describe several types of coaching philosophies, objectives, and styles. (PHE 154)
3. Plan regiments of exercise, sport specific fitness and mental training, and apply strategies for team management across diverse populations as they relate to exercise and sport. (PHE 150, 154, 168; PSY 245)
4. Identify different personality styles and use assertive communication techniques to effectively coach players of various skill levels. (PHE 154, 168; PSY 245)
5. Recognize exercise and sport related injuries and illnesses. (PHE 150)

### Program Requirements

A minimum of 16 credit hours is required to complete the Athletic Coaching Certificate.

	Course	Course Title	Credit Hours
	BIO160	Intro Human Anat & Physiology	4
<b>OR</b>	BIO201	Human Anatomy & Physiology I	4
	PHE150	Preventing Athl Injury/Em Care	3
	PHE154	Coaching/ASEP Cert Prep	3
	PHE168	Intro to Sport Psychology	3
	PSY245	Human Growth and Development	3