

COACHING

CERTIFICATE - 16 CREDITS

About this program

The Coaching Certificate provides foundational knowledge and applied skills in coaching principles, leadership, communication, sport psychology, injury prevention and athlete safety. It emphasizes ethical coaching practices, athlete development and effective instructional strategies while promoting safe and inclusive sport environments. Coursework integrates practical coaching applications with an understanding of physical training, injury prevention and emergency response.

Program outcomes

1. Demonstrate knowledge of effective coaching philosophies, instructional strategies, and athlete development appropriate for youth, scholastic or recreational sport settings.
2. Apply basic injury prevention strategies, risk management principles and emergency response procedures, including CPR and first aid, in sport and physical activity environments.
3. Utilize positive communication, motivation techniques and leadership behaviors to support individual and team development.
4. Apply basic sport psychology principles to enhance motivation, confidence, focus and overall athlete well-being.
5. Demonstrate ethical decision-making, professionalism and responsibility consistent with coaching standards and expectations.
6. Apply coaching practices that support diversity, inclusion and positive participation experiences for athletes of varying abilities and backgrounds.

Curriculum overview

Crds	Requirement type
16	Required courses
16	Total

Developmental courses note: A student may be required to enroll in developmental courses in reading, writing and math. A student's scores on the Accuplacer assessment will determine enrollment in developmental courses. The purpose of developmental courses is to prepare students for the demands of a college-level curriculum. *Credits may vary.*

Accreditation: Minnesota State Community and Technical College is accredited by the Higher Learning Commission, a regional accreditation agency recognized by the U.S. Department of Education. The Higher Learning Commission 230 South LaSalle Street, Suite 7-500 Chicago, IL 60604-1411 <http://www.ncahigherlearningcommission.org> Phone: 312.263.0456 / 800.621.7440

Curriculum requirement details

Required courses

Other requirements or restricted electives

Course	Crds
HLTH1122 - CPR-First Aid	1
HPER2500 - Introduction to Sports Psychology	3
HPER2502 - Foundations of Sports Officiating	2
PE1141 - Introduction to Strength Training	1
PE2145 - Advanced Strength Training	1
PE2240 - Athletic Injury, Care and Prevention	2
PE2241 - Principles of Coaching	3
PE2254 - Sports in Society	3



Course summaries

HLTH1122 - CPR-First Aid (1 credits)
This course teaches basic life support using American Heart Association or American Red Cross guidelines and first aid using American Academy of Orthopaedic Surgeons(AAOS) or American Red Cross guidelines.

HPER2500 - Introduction to Sports Psychology (3 credits)
This course provides an overview of the growing field of sport psychology, including motivation, communication, energy management, stress management, goal setting, peak performance strategies and the relationship of meaningful learning to successful athletic coaching.

HPER2502 - Foundations of Sports Officiating (2 credits)
This course is designed to provide an in-depth understanding of overall responsibilities and career trajectories of sports officials. Students study the concepts of game management, conflict resolution and officiating styles, and develop an officiating philosophy that can be applied to all ages and skill levels. Students taking this course are introduced to how an official should interact with coaches, players and spectators.

PE1141 - Introduction to Strength Training (1 credits)
This course is an introduction to weight lifting, weight room safety, periodization, energy systems, nervous system, muscular system and how this information is used to formulate a weight training program as a means to achieve muscular strength, muscular endurance, tone or size. This class may be repeated once for credit.

PE2145 - Advanced Strength Training (1 credits)
This course is designed for students who have an advanced knowledge and skill of strength training. Students will be expected to employ safety in the weight room. Students will develop a needs analysis plan that includes best training practices and goals. Students also will construct a principles of progression outline and develop and implement an individual strength training program that can be documented for progression of training and measurement of goals.

Prerequisites:

- PE1141

PE2240 - Athletic Injury, Care and Prevention (2 credits)
This course is offered to coaches interested in sports medicine and students interested in coaching and/or athletic training. It is designed to enhance the student's knowledge and performance in sports medicine. The course will cover athletic injury prevention measures, injury care and management, basic injury assessment, nutrition and specific athletic injuries and related problems.

PE2241 - Principles of Coaching (3 credits)
This course is designed to introduce students to athletic coaching philosophies, basic coaching concepts in team and individual sports and theories involved in coaching. Emphasis will be on legal issues surrounding coaching, developing coaching philosophies, exploring diversity in coaching, and rules and regulations associated with coaching at different levels.

PE2254 - Sports in Society (3 credits)
This course involves a discussion of the impact of sports in society and the values we place on sports. The course will explore the values, virtues, consequences, rights and responsibilities of sports in our culture. The course is designed to improve the understanding of legal, racial, academic and moral issues of sports and athletics.

Locations: Fergus Falls

1st Fall Term (8 credits)

Courses

Course	Crds
HLTH1122 - CPR-First Aid	1
HPER2500 - Introduction to Sports Psychology	3
PE1141 - Introduction to Strength Training	1
PE2254 - Sports in Society	3

1st Spring Term (8 credits)

Courses

Course	Crds
HPER2502 - Foundations of Sports Officiating	2
PE2145 - Advanced Strength Training	1
PE2240 - Athletic Injury, Care and Prevention	2
PE2241 - Principles of Coaching	3