

UNDERGRADUATE CERTIFICATE IN SPORT COACHING

The Undergraduate Certificate in Sport Coaching will provide foundational knowledge for students who are Kinesiology and Education Double Majors or any education double majors who intend to become teachers and coaches in the K-12 setting. This certificate can also be selected by students who intend to coach at the collegiate level or outside of the K-12 setting. Further, the certificate program will allow current coaches or individuals who are post-baccalaureate to receive formal coach education.

The Undergraduate Certificate in Sport Coaching can be completed 100% online.

Code	Title	Hours
Undergraduate Certificate in Sport Coaching		
Required Courses		
ATTR 3370	Prevention & Care of Injuries ¹	3
KINE 3320	Foundations of Sport Coaching	3
KINE 3321	Applied Kinesiology	3
KINE 3372	Sport Skills Analysis	3
KINE 4335	Sport and Exercise Psychology	3
Prescribed Electives		
Select four from the following: ²		4
KINE 3100	Fundamentals of Basketball Coaching	
KINE 3101	Fundamentals of Volleyball Coaching	
KINE 3102	Fundamentals of Football Coaching	
KINE 3103	Fundamentals of Track & Field/Cross Country Coaching	
KINE 3104	Fundamentals of Baseball and Softball Coaching	
KINE 3105	Fundamentals of Soccer Coaching	
Total Hours		19

¹ BIOL 2403 or KINE 3321 is a prerequisite for this course. Please consider taking BIOL 2403 as one of your sciences as this will strengthen your foundational knowledge. Reach out to the professor with any questions.

² Each of the *Fundamentals of* courses are five-week, online courses.

The undergraduate certificate will follow the same admission requirements as SHSU and allow for students who are post-baccalaureate.

The Texas Higher Education Coordinating Board (THECB) marketable skills initiative is part of the state's **60x30TX plan** and was designed to help students articulate their skills to employers. Marketable skills are those skills valued by employers and/or graduate programs that can be applied in a variety of work or education settings and may include interpersonal, cognitive, and applied skill areas.

The Undergraduate Certificate in Sport Coaching is designed to provide graduates with the following marketable skills:

- Develop and implement a clear coaching philosophy through KINE 3320 - Foundations of Sport Coaching.
- Identify age-appropriate developmental practices in multiple sport settings. Students will hear from multiple current elite coaches in their prescribed electives describing their own age-appropriate practices. Students will then create a season and lesson plan for specific age groups in each Fundamentals of Sport Coaching course (i.e., KINE 3100 – KINE 3105).
- Demonstrate the ability to apply kinetic principles in multiple sport settings through their season planning as well as task analysis knowledge gained in both KINE 3372 – Sport Skill Analysis and KINE 3321 – Applied Kinesiology.
- Apply coaching theory to all aspects of the coaching profession including interpersonal and intrapersonal skills. Students will develop their own leadership style, coaching style, and learn coaching theory and ethical decision making in KINE 3320 – Foundations of Sport Coaching as well as in KINE 4335 – Sport and Exercise Psychology.