

# SKILL AWARD IN COACHING

This skill award provides students with a coaching foundation. An emphasis is placed on different aspects of coaching including philosophies and techniques, first aid, injury care and prevention, and history of sport.

Code	Title	Units
<b>Required courses:</b>		
KIN 169	Introduction to Coaching	3
KIN 177	First-Aid Responding To Emergencies	3
KIN 181	Sport and Exercise Psychology	3
KIN 182	Care and Prevention of Athletic Injuries	3
<b>Select one (1) of the following:</b>		
KIN 163	Sports Officiating	3
KIN 164	Functional Anatomy	3
KIN 165	Introduction to Recreation, Individual, and Team Sports	3
KIN 167	Women in Sport	3
KIN 185	Softball Theory	2
KIN 186	Baseball Theory	2
KIN 188	Basketball Theory	2
KIN 192	Aquatic Theory and Techniques	2
<b>Total Units</b>		<b>14-15</b>

## Skill Award Level Student Learning Outcomes

Students completing the Coaching Skill Award will:

1. Display basic proficiency in First Aid/CPR or care and prevention of athletic injuries.
2. Demonstrate a functional knowledge of sport coaching techniques and philosophy.
3. Demonstrate an understanding of health related fitness components.

## Curriculum Map

### 1-Term Curriculum Map Example

This map represents one possible pathway through the program and is only for reference.

\*It is highly recommended that you make an appointment (<https://www.citruscollege.edu/stdntsrvcounsel/Pages/ApptSchedule.aspx>) to create a customized education plan that fits your needs.

Course	Title	Units
<b>Fall Term 1</b>		
KIN 169	Introduction to Coaching	3
KIN 177	First-Aid Responding To Emergencies	3
KIN 181	Sport and Exercise Psychology	3
KIN 182	Care and Prevention of Athletic Injuries	3

Course	Title	Units
KIN 165	Introduction to Recreation, Individual, and Team Sports	2
or KIN 167	or Women in Sport	
or KIN 185	or Softball Theory	
or KIN 186	or Baseball Theory	
or KIN 188	or Basketball Theory	
or KIN 192	or Aquatic Theory and Techniques	
<b>Units</b>		<b>14</b>
<b>Total Units</b>		<b>14</b>

Note: Course selections may affect total unit value.

## Career Information

### Career Opportunities

There are a variety of careers you can do with this major.

To explore more about this major, schedule an appointment (<https://www.citruscollege.edu/stdntsrvcounsel/Pages/ApptSchedule.aspx>) with a career counselor.