

SKILL AWARD IN ATHLETICS

At various points in athletic careers, athletes will need communication skills necessary to successfully complete interviews, media obligations, and other advocacy activities. This skill award will provide the athlete an opportunity to gain these necessary skills and dispositions that can be applied globally. These may also include skills that support leadership, teamwork, collaboration, and personal responsibility. Students who complete this certificate will have demonstrated excellence in lower division general education coursework and in intercollegiate athletic courses.

Code	Title	Units
Required courses:		
COMM C1000	Introduction to Public Speaking	3
or COMM C1000H	Introduction to Public Speaking - Honors	
Select one (1) of the following courses:		
ENGL C1000	Academic Reading and Writing	4-5
or ENGL C1000H	Academic Reading and Writing - Honors	
or ENGL C1000E	Academic Reading and Writing	
ENGL C1001	Critical Thinking and Writing	4
or ENGL C1001H	Critical Thinking and Writing - Honors	
STAT C1000	Introduction to Statistics	4
or STAT C1000H	Introduction to Statistics - Honors	
Select two (2) of the following courses:		
KINC 101	Physical Conditioning for Varsity Volleyball	2
KINC 102	Physical Conditioning for Varsity Soccer	2
KINC 103	Physical Conditioning for Varsity Water Polo	2
KINC 104	Physical Conditioning for Varsity Football	1
KINC 105	Physical Conditioning for Varsity Cross Country	2
KINC 106	Physical Conditioning for Varsity Golf	2
KINC 107	Physical Conditioning for Varsity Softball	2
KINC 108	Physical Conditioning for Varsity Baseball	2
KINC 109	Physical Conditioning for Varsity Swimming	2
KINC 110	Physical Conditioning for Varsity Basketball	1
KINC 111	Physical Conditioning for Varsity Flag Football	1
KINC 130	Off Season Conditioning for Varsity Basketball	1
KINC 131	Off Season Conditioning for Varsity Volleyball	1
KINC 132	Off Season Conditioning for Varsity Soccer	1

Code	Title	Units
KINC 133	Off Season Conditioning for Varsity Water Polo	1
KINC 134	Off Season Conditioning for Varsity Football	1
KINC 135	Off Season Conditioning for Varsity Cross Country	1
KINC 136	Off Season Conditioning for Varsity Flag Football	1
KINC 137	Off Season Conditioning for Varsity Softball	1
KINC 138	Off Season Conditioning for Varsity Baseball	1
KINC 139	Off Season Conditioning for Varsity Swimming	1
KINC 145	Strength Training, Balance and Agility for Varsity Athletes	1
KINC 209	Women's Varsity Soccer	3
KINC 211	Women's Varsity Volleyball	3
KINC 212	Varsity Swimming	2
KINC 213	Women's Varsity Basketball	2
KINC 214	Women's Varsity Softball	2
KINC 216	Varsity Cross Country	3
KINC 220	Men's Varsity Football	3
KINC 221	Men's Varsity Basketball	2
KINC 222	Women's Varsity Flag Football	3
KINC 224	Men's Varsity Baseball	2
KINC 225	Men's Varsity Golf	3
KINC 227	Women's Varsity Golf	3
KINC 229	Men's Varsity Water Polo	3
KINC 230	Women's Varsity Water Polo	3
KINC 231	Men's Varsity Soccer	3
KINC 232	Intercollegiate Basketball for Men	1
KINC 233	Intercollegiate Basketball for Women	1
KINC 234	Intercollegiate Softball	1
KINC 235	Intercollegiate Baseball	1
KINC 236	Intercollegiate Swimming	1
KINC 210	Varsity eSports	3
Total Units		9-14

Skill Award Level Student Learning Outcomes

Students completing the Athletics Skill Award will:

1. Communicate and collaborate effectively, demonstrating leadership, teamwork, and ethical responsibility in both athletic and professional situations.