

COACHING/PERSONAL TRAINING, DEPARTMENTAL CERTIFICATE

Program Requirements

Code	Title	Hours
Certificate Requirements		
ESS 212	Care and Prevention of Athletic and Exercise Injuries	3
ESS 301	Foundations of Coaching	3
ESS 383	Sports Officiating	1
ESS 423	Psychology of Coaching	3
ESS 407	Strength and Conditioning Programming	3
Choose from one of the following:		2
ESS 261	Coaching Baseball and Softball	
ESS 360	Coaching Basketball	
ESS 361		
ESS 362	Coaching Track and Field	
ESS 420	Coaching Football	
ESS 224	Team Sports II	3
or ESS 305	Individual and Dual Sports I	
Choose from one of the following:		1
EMC 104	Healthcare Basic Life Support	
CPR certification		
Total Hours		19

Current CPR required at the time of graduation.