



Twin Cities Campus

Coaching Certificate

Kinesiology, School of

College of Education and Human Development

- Program Type: Undergraduate credit certificate
- Requirements for this program are current for Spring 2018
- Required credits to graduate with this degree: 17
- There is a student coaching experience that takes place at selected high schools, primarily in the greater Twin Cities area.
- Degree: Coaching Certificate Ugrd

The certificate in coaching provides a coordinated, meaningful, and functional framework from which future coaches can launch their coaching careers. Offered by the School of Kinesiology (KIN) in the College of Education & Human Development (CEHD), the program is designed to exceed requirements for high school coaches.

The program offers an integrated series of courses that prepares undergraduate or graduate students to:

Develop proficiency in sport specific technical, tactical, and competency.

Understand athletic injury prevention and care.

Design sport-specific practice sessions that are safe and age-appropriate for athletes of varied abilities.

Properly apply the training principles of specificity, frequency, duration, and intensity specific to their sport.

Organize and integrate physical, social, and mental skills development into sports programs.

Develop a coaching philosophy.

Discuss the role and responsibility of coaching in society.

Articulate and understand basic legal liability and risk management issues in coaching.

Understand the governing bodies of sport competition within the local administrative units.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)

Admission Requirements

A GPA above 2.0 is preferred for the following:

- 2.50 already admitted to the degree-granting college
- 2.50 transferring from another University of Minnesota college
- 2.50 transferring from outside the University

Admission is open to all University students. A Coaching Program Application Form must be submitted. Students must also maintain a 2.50 GPA in courses submitted for the completion of the coaching certificate.

For information about University of Minnesota admission requirements, visit the [Office of Admissions website](#).

General Requirements

All students are required to complete general University and college requirements including writing and liberal education courses. For more information about University-wide requirements, see the [liberal education requirements](#). Required courses for the major or minor in which a student receives a D grade (with or without plus or minus) do not count toward the major or minor (including transfer courses).

Program Requirements

Students must maintain a 2.50 GPA in courses submitted for the completion of the coaching certificate.

Certificate Courses

Students completing the certificate are required to take the courses listed below.

Current CPR and AED Certification through national certification agency

[KIN 3114](#) - Prevention and Care of Athletic Injuries (3.0 cr)

[KIN 4641](#) - Training Theory & Analytics I for Exercise & Sport Performance (3.0 cr)

[KIN 4697](#) *{Inactive}* (3.0 cr)

Organization and Management

[KIN 3143](#) *{Inactive}* (3.0 cr)

or [KIN 5725](#) - Organization and Management of Physical Education and Sport (3.0 cr)

or [SMGT 3143](#) - Organization and Management of Sport (3.0 cr)



Sport Psychology-Sociology

One course required. If taking KIN 5720, it should be a 3 credit offering approved in consultation with the program coordinator.

[KIN 3136](#) - Mental Skills Training for Sport (3.0 cr)

or [KIN 5136](#) - Psychology of Coaching (3.0 cr)

or [KIN 5371](#) - Sport and Society (3.0 cr)

or KIN 5375 ~~{Inactive}~~(3.0 cr)

or [KIN 5723](#) - Psychology of Sport Injury and Rehabilitation (3.0 cr)

or [KIN 5720](#) - Special Topics in Kinesiology (2.0 - 4.0 cr)

Coaching Theory

One coaching theory course required. Please note: If coaching specialization course is not listed, alternatives can be made with the coaching program director.

KIN 3168 ~~{Inactive}~~(2.0 cr)

or KIN 3169 ~~{Inactive}~~(2.0 cr)

or KIN 3171 ~~{Inactive}~~(2.0 cr)

or KIN 3172 ~~{Inactive}~~(2.0 cr)

or KIN 3173 ~~{Inactive}~~(2.0 cr)

or KIN 3178 ~~{Inactive}~~(2.0 cr)

or KIN 3179 ~~{Inactive}~~(2.0 cr)