

SANTA  
MONICA  
COLLEGE *A Course of Study for*  
**ATHLETIC COACHING**

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The Athletic Coaching program prepares students to coach a variety of sports and fitness activities. The program includes courses in kinesiology physical education, athletics, and nutrition. Students will understand the basics of training and fitness, prevention of injuries, nutrition and the fundamental skills of the sport in their area of emphasis. Athletic coaching can lead to employment as sport coaches at the high school, collegiate, recreational and club levels. For additional career possibilities, visit the Career Services Center on the main campus to utilize computerized career information systems and other valuable career resources.

### PROGRAMS OFFERED

- Transfer Preparation

### DEGREES AND CERTIFICATES

Associate Degree for Transfer

- Kinesiology

Associate Degree

- Athletic Coaching

Certificate of Achievement

- Athletic Coaching

### ASSOCIATE DEGREE REQUIREMENTS

An Associate degree is granted upon successful completion of a program of study with a minimum overall grade point average (GPA) of 2.0 © and a minimum of **60 degree applicable semester units**, including:

- Completion of the area of emphasis with a grade of C or higher in each course, or with a P if the course was taken on a Pass/No Pass basis, and the P is equal to a C or higher;
- Completion of at least 50% of area of emphasis units at Santa Monica College. Department Chairs have the discretion to waive the 50% minimum units required at SMC to meet the major or area of emphasis. All major coursework must be completed with a “C” or better grade;
- Completion of one of the following general education patterns: SMC GE, CSU GE, or IGETC;
- Completion of the SMC Global Citizenship graduation requirement.

### CERTIFICATE OF ACHIEVEMENT REQUIREMENTS

A Certificate of Achievement is granted upon successful completion of a program of study with a minimum overall grade point average (GPA) of 2.0 © and a **designated minimum number of units**, including:

- Completion of the area of emphasis with a grade of C or higher in each course, or with a P if the course was taken on a Pass/No Pass basis, and the P is equal to a C or higher;
- Completion of at least 50% of area of emphasis units at Santa Monica College. Department Chairs have the discretion to waive the 50% minimum units required at SMC to meet the major or area of emphasis. All major coursework must be completed with a “C” or better grade.

### CATALOG RIGHTS

A student may satisfy the requirements of a degree that were in effect at any time of the student’s *continuous* enrollment. Continuous enrollment means attendance in at least one semester (Fall or Spring) in each academic year.

## TRANSFER PREPARATION

Many colleges/universities offer baccalaureate degrees in this field. Students planning to transfer to a four-year college or university should complete the lower-division major requirements and the general education pattern for the specific transfer institution. SMC has articulation agreements with the many UC and CSU campuses, as well as several private and out-of-state institutions.

Exact major requirements for UC and CSU campuses can be found online at [assist.org](http://assist.org).

A listing of private, non-profit California colleges and universities can be found online at [aiccu.edu](http://aiccu.edu). For articulation agreements between SMC and some of these institutions see [smc.edu/articulation](http://smc.edu/articulation).

### ATHLETIC COACHING, ASSOCIATE DEGREE OR CERTIFICATE OF ACHIEVEMENT (24 UNITS)

**Program Learning Outcomes:** Upon completion of the program, students will demonstrate how to safely train and prepare athletes and teams for competitions. They will also demonstrate the skills and techniques associated with the sport in their area of specialization and will demonstrate familiarity with techniques for motivating athletes and team performance.

#### AREA OF EMPHASIS: (24 UNITS)

##### Required Core Courses: (17 units)

KIN PE 3	Introduction to Exercise Physiology I	3
KIN PE 4	Introduction to Sport Psychology	3
NUTR 4	Healthy Lifestyle Food and Fitness	3
PRO CR 11	Introduction to Sports Injuries	3
PRO CR 19	Field Experience	2
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HEALTH 11	First Aid and Cardio-Pulmonary Resuscitation	3

*or*

PRO CR 12	Emergency Care and Water Safety	3
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##### Area of Specialization; Select 1 course from the following: (3 units)

PRO CR 3	Coaching of Racquet Sports	3
PRO CR 4	Coaching of Track and Field	3
PRO CR 6A	Coaching of Football	3
PRO CR 6B	Coaching of Baseball	3
PRO CR 7	Coaching of Soccer	3
PRO CR 8	Coaching of Basketball	3
PRO CR 9	Coaching of Volleyball	3
PRO CR 25	Personal Trainer Preparation	3

**Required Fitness Courses:****Complete a minimum of 2 units by selecting from the following courses:**

KIN PE 2	Achieving Lifetime Fitness	3
KIN PE 10A	Fitness Lab ( <i>formerly KIN PE 10</i> )	1
KIN PE 10C	Advanced Fitness Lab	1
KIN PE 11A	Beginning Weight Training	1
KIN PE 11B	Intermediate Weight Training	1
KIN PE 11C	Advanced Weight Training	1
KIN PE 11N	Individual Weight Training	1
KIN PE 12	Olympic Style Weightlifting	1
KIN PE 17	Boxing for Fitness	1
KIN PE 18	Beginning Fitness Walking	1
KIN PE 19A	Fitness-Anaerobic Exercises	1
KIN PE 19B	Fitness-Aerobic Exercises	1
KIN PE 19C	Fitness-Body Level Exercises	1
KIN PE 19D	Fitness-Aquatic Exercises	1
KIN PE 19E	Pilates Mat Exercise	1
KIN PE 58A	Beginning Yoga	1
KIN PE 58B	Intermediate Yoga	1
KIN PE 58C	Advanced Yoga	1
VAR PE 11A	In-Season Intercollegiate Strength and Conditioning ( <i>formerly same as VAR PE 11</i> )	1
VAR PE 11B	Off-Season Intercollegiate Strength and Conditioning	1
VAR PE 60	Conditioning for Intercollegiate Sport	1

<b>SPORTS AREA:</b>		
<b>Select 2 courses: 1 from List A and a different course from List B</b>		
<b>LIST A: Includes all KIN PE 1 unit courses that are NOT in the Fitness list (1 unit required)</b>		
KIN PE 1A	Adaptive Physical Education	1
KIN PE 5A	Beginning Badminton	1
KIN PE 5B	Intermediate Badminton	1
KIN PE 7C	Advanced Baseball for Men	1
KIN PE 9A	Beginning Basketball	1
KIN PE 9B	Intermediate Basketball	1
KIN PE 13	Beginning Spinning	1
KIN PE 14A	Beginning Distance Running/Cross Country ( <i>formerly KIN PE 14</i> )	1
KIN PE 14B	Intermediate Distance Running/Cross Country	1
KIN PE 15A	Cycling	1
KIN PE 16A	Beginning Rock Climbing	1
KIN PE 21	Coed Touch Football	3
KIN PE 25A	Beginning Golf	1
KIN PE 25B	Intermediate Golf	1
KIN PE 25C	Advanced Golf	1
KIN PE 34A	Karate	1
KIN PE 34B	Intermediate Karate	1
KIN PE 34C	Advanced Intermediate Karate	1
KIN PE 35A	Beginning Wushu/Kung Fu	1
KIN PE 41M	Self Defense – Men	1
KIN PE 41W	Self Defense – Women	1
KIN PE 43A	Beginning Soccer	1
KIN PE 43B	Intermediate Soccer	1
KIN PE 43C	Advanced Soccer	1
KIN PE 45A	Beginning Softball	1
KIN PE 45B	Intermediate Softball	1
KIN PE 46	Performance Cheerleading	3
KIN PE 48A	Beginning Swimming	1
KIN PE 48B	Elementary Swimming	1
KIN PE 48C	Intermediate Swimming	1
KIN PE 49A	Board Diving	3
KIN PE 49C	Skin Diving	1
KIN PE 50A	Beginning Water Polo	1
KIN PE 50B	Intermediate Water Polo	1
KIN PE 51A	Beginning Surfing	1
KIN PE 52A	Beginning Pickleball	1
KIN PE 53A	Table Tennis	1
KIN PE 54A	Beginning Tennis, First Level	1
KIN PE 54B	Beginning Tennis, Second Level	1
KIN PE 54C	Intermediate Tennis	1
KIN PE 56A	Beginning Track and Field	1
KIN PE 57A	Beginning Volleyball	1
KIN PE 57B	Intermediate Volleyball	1
KIN PE 59A	Beginning Beach Volleyball	1
KIN PE 59B	Intermediate Beach Volleyball	1

<b>LIST B: Highest Level Courses (1 unit required)</b>		
KIN PE 5C	Advanced Badminton	1
KIN PE 9C	Advanced Basketball	1
KIN PE 9W	Advanced Basketball for Women	1
KIN PE 10C	Advanced Fitness Lab	1
KIN PE 11C	Advanced Weight Training	1
KIN PE 12	Olympic-Style Weightlifting	1
KIN PE 14C	Advanced Cross Country	1
KIN PE 16B	Intermediate Rock Climbing	1
KIN PE 21C	Advanced Football for Men	1
KIN PE 25D	Golf Player Development	1
KIN PE 34D	Advanced Karate	1
KIN PE 35B	Intermediate Wushu/Kung Fu	1
KIN PE 43D	Competitive Soccer	1
KIN PE 45C	Advanced Softball	1
KIN PE 45D	Competitive Softball	1
KIN PE 48D	Advanced Swimming	1
KIN PE 50C	Advanced Water Polo	1
KIN PE 50D	Competitive Water Polo	1
KIN PE 51B	Intermediate Surfing	1
KIN PE 52B	Intermediate Pickleball	1
KIN PE 53B	Intermediate Table Tennis	1
KIN PE 54D	Advanced Tennis	1
KIN PE 56B	Intermediate Track and Field	1
KIN PE 57C	Advanced Volleyball	1
KIN PE 59C	Advanced Beach Volleyball	1
VAR PE 9V	Varsity Basketball for Men	3
VAR PE 9W	Varsity Basketball for Women	3
VAR PE 14V	Varsity Cross Country for Men	3
VAR PE 14W	Varsity Cross Country for Women	3
VAR PE 20V	Advanced Football for Men	1
VAR PE 21V	Varsity Football for Men	3
VAR PE 43V	Varsity Soccer for Men	3
VAR PE 43W	Varsity Soccer for Women	3
VAR PE 45W	Varsity Softball for Women	3
VAR PE 48M	Varsity Swimming and Diving for Men	3
VAR PE 48V	Varsity Swimming and Diving for Men	3
VAR PE 48W	Varsity Swimming and Diving for Women	3
VAR PE 50V	Varsity Water Polo for Men	3
VAR PE 50W	Varsity Water Polo for Women	3
VAR PE 54W	Varsity Tennis for Women	3
VAR PE 56V	Varsity Track and Field for Men	3
VAR PE 56W	Varsity Track and Field for Women	3
VAR PE 57V	Varsity Volleyball for Men	3
VAR PE 57W	Varsity Volleyball for Women	3
VAR PE 59W	Varsity Beach Volleyball for Women	3