

ADVANCED COACHING CERTIFICATE

The Advanced Coaching Certificate offers a series of courses that provide critical knowledge for coaches in the areas of strength and conditioning, nutrition, risk management, sport psychology and inclusive activity. This series of courses will prepare coaches to safely and effectively create programming and instruction for athletes across the spectrum of sports and physical activity settings.

The Advanced Coaching Certificate may be completed on its own if the student possesses the necessary prerequisites for all courses in the program or upon completion of the Foundations of Coaching Certificate. Credits completed within the program may also be applied towards the completion of any of the Emphases offered in the Exercise and Sport Science program.

Code	Title	Credits
ESS 328	Methods of Coaching	3
ESS 346	Psychology of Coaching	3
ESS 360	Nutrition for Wellness and Performance	3
ESS 363	Inclusive Physical Activity	3
ESS 370	Essentials of Strength Training and Conditioning	3
ESS 450	Risk Management in Physical Activity Settings	3
Total Credits		18