RCTC PROGRAM PLAN

COACHING
Diploma

I. MINNESOTA TRANSFER CURRICULUM (MNTC)/
GENERAL EDUCATION REQUIREMENTS..............................................................4 CREDITS
GOAL 3: NATURAL SCIENCES - Choose from one of the following:
BIOL 1107, Fundamentals of Anatomy and Physiology, 4 cr
BIOL 1110, Human Biology, 4 cr
BIOL 1217, Anatomy and Physiology I, 4 cr

II. PROGRAM CORE REQUIREMENTS..........................................................23-24 CREDITS
HLTH 1114, Responding to Emergencies, 3 cr
PHED 2249, Prevention and Care of Athletic Injuries I, 3 cr
PHED 2252, Sport Psychology, 3 cr
PHED 2253, Sport Nutrition for Performance, 3 cr
PHED 2261, Officiating Principle, 3 cr
PHED 2270, Introduction to Physical Education, 2 cr
PHED 2271, Coaching Principles, 3 cr
OR
PHED 2280, Introduction to Sports Facility Management, 3 cr
PHED 2295, Sport Internship I, 3 cr

III. ELECTIVES.................................................................3-4 CREDITS
Choose a minimum of one:
PHED 2260, Basketball Officiating, 1 cr
PHED 2272, Techniques of Coaching Football, 1 cr
PHED 2273, Techniques of Coaching Volleyball, 1 cr
PHED 2274, Techniques of Coaching Basketball, 1 cr
PHED 2275, Techniques of Coaching Baseball, 1 cr
PHED 2276, Techniques of Coaching Softball, 1 cr
PHED 2277, Techniques of Coaching Soccer, 1 cr
PHED 2278, Techniques of Coaching Wrestling, 1 cr
Choose a minimum of one:
PHED 1122, Circuit Training, 1 cr
PHED 1132, Speed and Power Running, 1 cr
PHED 1133, Strength Training for Men and Women, 1 cr
PHED 1189, Boot Camp, 1 cr
PHED 1190, Strength, Agility and Quickness Training for Football Athletes, 1 cr
PHED 1191, Strength, Agility and Quickness Training for Volleyball/Soccer Athletes, 1 cr
PHED 1192, Strength, Agility and Quickness Training for Basketball Athletes, 1 cr
PHED 1193, Strength, Agility and Quickness Training for Wrestling Athletes, 1 cr
PHED 1194, Strength, Agility and Quickness Training for Baseball/Softball Athletes, 1 cr
PHED 2180, Critical Analysis of Football, 1 cr

TOTAL .................................................................................................................... 31 CREDITS
Revised: 03/18/2016; Implementation: Fall 2016