

COACHING Diploma Program

I. MNTC General Education Requirements.....4 Credits

Four credits from the MNTC Goal Area 3 – Choose from one of the following:

BIOL 1107 Fundamentals of Anatomy and Physiology	4 cr
BIOL 1110 Human Biology	4 cr
BIOL 1127 Principles of Anatomy I	4 cr
BIOL 1217 Anatomy and Physiology I	4 cr

II. Professional Core Requirements.....23 Credits

HLTH 1114 Responding to Emergencies	3 cr
PHED 2249 Prevention and Care of Athletic Injuries I	3 cr
PHED 2251 Sport Nutrition for Performance	3 cr
PHED 2252 Sport Psychology	3 cr
PHED 2261 Officiating Principles	3 cr
PHED 2271 Coaching Principles	3 cr

PHED 2270 Intro to Physical Education	2 cr
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PHED 2280 Introduction to Sports Facility Mgmt	3 cr
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PHED 2295 Sport Internship I	3 cr
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PHED 2296 Sport Internship II	3 cr
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III. Electives3 Credits

Choose minimum of two:

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 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

Total.....30 Credits

Implemented: Fall 2009
Revised: Reviewed 07/2009

For more information contact:
http://www.rctc.edu/counseling_career_center/pdf/AdvisorList-2008-09.pdf