

COACHING DIPLOMA

Purpose: The Coaching Diploma program meets the criteria for any individual who wishes to coach at the varsity level related to interscholastic sports in Minnesota. This program includes an in-depth look into philosophies, strategies and tactics for coaching any sport and providing positive experiences for student-athletes of all ages. Upon completion of this program, which includes the American Educators Sport Program certification exams, individuals successfully completing the certification exams will be placed on the national registry for coaches or officials. RCTC's Coaching Diploma will prepare students for entry-level coaching or officiating positions. This coursework will expose students to the resources and professional networks that they will require to stay current in their profession over the length of their career.

Coaching and officiating opportunities are available at every level from youth recreational sports to interscholastic, intercollegiate and professional. This program will enable individuals to start with a solid foundation and a nationally recognized accreditation. Upon completion of the coursework required, an internship experience allows students to see how their skills are applied in the workplace.

Award

Coaching Diploma Program 35 credits total
 Coaching curriculum..... 31 credits
 MnTC curriculum/General Education 4 credits

RECOMMENDED FULL-TIME COURSE SEQUENCE

Not all courses are scheduled every semester. See course schedule: <https://eservices.minnstate.edu/registration/search/basic.html?campusid=306>.

Semester 1		Semester 2	
BIOL 1107 Fundamentals of Anatomy and Physiology	4 cr	PHED 2249 Prevention and Care of Athletic Injuries	3 cr
Or	Or	PHED 2253 Sport Nutrition	3 cr
BIOL 1110 Human Biology	4 cr	PHED 2261 Officiating Principle	3 cr
Or	Or	PHED 2270 Intro to Physical Education, Health, Rec, Coaching, Fitness & Sport Mgmt	2 cr
BIOL 1217 Anatomy and Physiology	4 cr	Program Electives	3 cr
HLTH 1114 Responding to Emergencies	3 cr	PHED 2295: Sport Internship I	3 cr
PHED 2155 Introduction to Kinesiology	3 cr		
PHED 2252 Sport Psychology	3 cr		
PHED 2271 Coaching Principles	3 cr		
Coaching Elective	1 cr		
Strength, Agility, and Quickness Elective	1 cr		
Total Credits	18	Total Credits	17

Course descriptions can be found at: <https://www.rctc.edu/academics/courses/course-descriptions>.