

FOUNDATIONS OF COACHING CERTIFICATE

The Foundations of Coaching Certificate offers courses that provide basic and important knowledge for coaches in the areas of anatomy and physiology, motor learning, sport psychology, exercise physiology and sport pedagogy. This series of courses will prepare coaches to gain necessary knowledge and tools for effective instruction and programming across the spectrum of sports and physical activity settings.

The Foundations of Coaching Certificate may be completed on its own and will also meet all prerequisites for courses in the Advanced 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 201	Essentials of Human Anatomy and Physiology (with Lab)	4
ESS 275	Human Motor Development and Learning	3
ESS 320	Psychology of Sport and Physical Activity	3
ESS 328	Methods of Coaching	3
ESS 330	Exercise Physiology	3
Total Credits		16