

# Minnesota North College

## Coaching Certificate (10 credits)

Academic Year 2023-24

### Any Semester

Required Coursework – 9 credits	Prerequisites	Credits	Hr Lc/Lb
ALHE 1100 – Heartsaver 1 <sup>st</sup> Aid with CPR and AED		1	
COMM - Any MnTC Goal 1		3	
PHED 1500 – Theory of Coaching		2	
PHED 1140 – Methods of Strength and Conditioning OR PHED 1130 – Conditioning for Athletics OR PHED 1136 - Fitness and Conditioning		1	
PHED 1515 - Care and Prevention of Athletic Injuries		2	

### Additional Requirement – Restricted Elective for Internship Course

Choose One Course – 1 credit	Prerequisites	Credits	Hr Lc/Lb
PHED 2200 – Coaching Practicum – Adaptive Sports		1	
PHED 2203 – Coaching Practicum – Baseball		1	
PHED 2206 – Coaching Practicum – Basketball		1	
PHED 2209 – Coaching Practicum – Cheerleading		1	
PHED 2212 – Coaching Practicum – Competitive Fishing		1	
PHED 2215 – Coaching Practicum – Cross Country Skiing		1	
PHED 2218 – Coaching Practicum – Cross Country		1	
PHED 2221 – coaching Practicum – Dance		1	
PHED 2224 – Coaching Practicum – Debate		1	
PHED 2227 – Coaching Practicum – eSports		1	
PHED 2230 – Coaching Practicum – Figure Skating		1	
PHED 2233 – Coaching Practicum – FIRST Robotics		1	
PHED 2236 – Coaching Practicum – Football		1	
PHED 2239 – Coaching Practicum – Golf		1	
PHED 2242 – Coaching Practicum – Gymnastics		1	
PHED 2245 – Coaching Practicum – Hockey		1	
PHED 2248 – Coaching Practicum – Lacrosse		1	
PHED 2251 – Coaching Practicum – Mountain Biking		1	
PHED 2254 – Coaching Practicum – Soccer		1	
PHED 2257 – Coaching Practicum – Softball		1	
PHED 2260 – Coaching Practicum – Speech		1	
PHED 2263 – Coaching Practicum – Swimming		1	
PHED 2266 – Coaching Practicum – Track and Field		1	
PHED 2269 – Coaching Practicum – Trapshooting		1	
PHED 2272 – Coaching Practicum – Tennis		1	
PHED 2275 – Coaching Practicum – Volleyball		1	
PHED 2278 – Coaching Practicum – Wrestling		1	

### Program Description

The Coaching Certificate program prepares students to be a head varsity coach in the Minnesota public school system and meets Minnesota State High School League requirements per Minnesota Statute Section 122A.33 Subdivision 1 License and Degree Exemption for Head Coach. While this coaching certification may or may not be a requirement for head coaching in other states it is strongly recommended. This certification complements any degree, especially those within the field of education. Courses in coaching theory, communication, first aid, injury care, and weight training/conditioning are all included.

### Occupational Titles

Coach

## Program Learning Outcomes

Graduates of this program will:

1. Demonstrate fundamental skills in CPR and First Aid,
2. Demonstrate basic techniques for aerobic and anaerobic sports,
3. Develop an individual philosophy of coaching,
4. Demonstrate methods for prevention and care for athletic injuries,
5. Develop knowledge of a specific sport or sports from a coaching perspective, and
6. Identify and describe fundamental psychological theories that could be applied to sports.

## Program Faculty Contact

Campus Athletic Director

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### **MISSION**

*Minnesota North College prepares lifelong learners and engaged citizens through inclusive, transformative experiences reflecting the character and natural environment of the region.*



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