

**Coaching**
**Certificate | 10 credits**

Campus: Hibbing, Itasca-Grand Rapids, Mesabi Range-Virginia, Rainy River-Intl. Falls, Vermilion-Ely

**Any Semester**

<b>Required Coursework – 9 credits</b>	<b>Credits</b>
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 - Internship Course**

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

### 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