

KIN-26 — FOUNDATIONS OF COACHING

About This Course

Transfer: UC, CSU

3.00 units

Prerequisite: None.

Description: This course introduces the student to the professions of athletic coaching. Emphasis is on a comprehensive approach to the art and science of coaching including developing a coaching philosophy, sport psychology, sport physiology and sport management. Topics include coaching objectives and style, communication skills, motivation, teaching sport skills, principles for training, team management and self-management. 54 hours lecture. (Letter grade only)