

Applied Sport Science in Coaching

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CERTIFICATE CODE - CG72

The **Applied Sport Science in Coaching** graduate certificate program equips coaches with a comprehensive toolkit for achieving excellence in their professional practice. Covering coaching techniques, professional development, evidence-based training theories, motor behavior, movement analysis, strength and conditioning methods, and current issues in sport management, participants gain the essential skills needed to elevate their coaching practice and become informed leaders in their field.

Course Requirements: Students must have a cumulative GPA of 2.75 to graduate from the program. Each required class must be completed with a grade of a C- or better. Graduate students with a cumulative grade point average (GPA) below 2.75 will be placed on academic probation.

Code	Title	Hours
ACE 508	The Sport Coaching Profession	3
ACE 585	Applied Professional Development	3
Select two of the following:		6
ACE 510	Training Theories for Coaches	
ACE 522	Motor Behavior for Sport Coaches	
ACE 568	Sport Movement Analysis	
ACE 569	Strength and Conditioning Methods for Coaches	
SM 545	Current Issues & Applications in Sport Management	

Total Hours

12

Certificate Learning Outcomes

APPLIED SPORT SCIENCE IN COACHING

1. Students will be able to integrate sport science principles into coaching practices, utilizing evidence-based approaches to optimize athlete performance and foster holistic development.
2. Students will be able to engage in data-driven decision-making techniques, drawing from their understanding of training theories and sport science, to tailor coaching strategies that adapt to athletes' individual needs and the evolving demands of the sports landscape.
3. Students will emerge as leaders in the application of sport science within coaching, capable of effectively addressing contemporary challenges, fostering athlete well-being, and contributing to the advancement of coaching practices in the sports industry.