



## Sport and Exercise Studies: Youth Coaching Certificate 2018–2019

### **DESCRIPTION:**

The Sport and Exercise Studies Youth Coaching Certificate prepares students to provide coaching leadership in youth league sports. The certificate is designed using the American Sport Education Program (ASEP) as a framework. Upon completion, students are encouraged to finish the ASEP certification. For further information please visit [csc.edu/academics/departments/sport-exercise-studies/](http://csc.edu/academics/departments/sport-exercise-studies/) or email [sesinfo@csc.edu](mailto:sesinfo@csc.edu) to schedule an appointment within the Sport & Exercise Studies program.

### **ADMISSION REQUIREMENTS:**

This major does not have a selective admission process. Applicants must have a high school diploma or GED equivalency, and completion of Columbus State enrollment process

### **ONGOING REQUIREMENTS:**

Each semester students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses.

### **OPPORTUNITIES FOR GRADUATES:**

#### **Career:**

Career opportunities include coaching youth, school, and adult sport teams and individuals. These positions can be found in commercial, community, recreational, and academic settings.

#### **Transfer:**

All courses may be applied to Physical Education Major Coaching Track A.A.S at Columbus State Community College.

**CERTIFICATE REQUIREMENTS (SPORT AND EXERCISE STUDIES: YOUTH COACHING CERTIFICATE):****FIRST SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES 1101 Intro Sport & Exercise Studies	AU/SP/SU	3	
SES 1105 Intro Strength & Resistance Training	AU/SP/SU	1	
SES 1327 Individual Sport & Activity	AU	2	
SES 2535 Sport Law	AU/SP/SU	3	
<b>Semester Credits</b>		<b>9</b>	

**SECOND SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES 1328 Team Sport & Activity	SP	2	
SES 2410 Conditioning & Training Youth Athlete	AU/SP	3	
SES 2625 Concepts of Coaching	AU/SP/SU	3	
<b>Semester Credits</b>		<b>8</b>	

**THIRD SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES 2426 Athletic Injury Control & First Aid	AU/SP/SU	3	
SES 2626 Coaching the Young Athlete	AU	3	
SES 2950 SES Practicum/Seminar	AU/SP/SU	2	
<b>Semester Credits</b>		<b>8</b>	
<b>Total</b>		<b>25</b>	

AU: Autumn Semester/SP: Spring Semester/SU: Summer Semester  
Requirements subject to change.