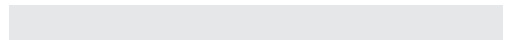


KIИББ 10	Fitness Program Design & Instruction	3
KIИББ 11	Sports officiating (Зрччнд)	3
KIИББ 14	Theory of Athletic Coaching	3
KIИББ 8	Activity Stress Management through Physical	3

Team Sports Category



- Recognize various skill levels of experience & fitness assessment
- Demonstrate knowledge of basic aspects of a training program
- Demonstrate knowledge of rules, strategies, techniques, and equipment
- Demonstrate the ability to attain the institutional student learning

KIИББ 21	Low Impact Cardio	1
KIИББ 18	Triathlon Training	1
KIИББ 13	Rowing	1
KIИББ 12B	Core Conditioning	1
KIИББ 10B	Stretch & Relaxation	1
KIИББ 8B	Circuit Weight Training	1
KIИББ 9	Cardio Fitness	1
KIИББ 4B	Self-Defense	1
KIИББ 4B	Martial Arts	1
KIИББ 4B	Strength Training	1
KIИББ 3	Strength & Conditioning	1
KIИББ 2B	Lifeguard/Water Safety Training	1

following categories:

IN ADDITION, complete SIX (6) units from at least THREE of the

KIИББ 2B	Techniques of Strength and Conditioning	3
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Plan Code: 4701

This certificate is recognized in the greater Long Beach area for enhanced employment opportunities in the field of coaching.

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- Develop a statement of philosophy for athletic coaching.

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Code Number **Course Title**