



Coaching

Additional Education: Not necessarily

A Coach's job depends on the level at which they work, as they can be involved with young children, adolescents, adults, or high performance athletes in a variety of sport settings. Coaches must provide participants with the basic rules and techniques of a game/discipline, instruction on form and strategy, advice on training plans, and facilitate an environment of competition and sportsmanship. Coaches may also be involved in athlete management and competition strategy.

Suggested courses for a career in Coaching

As of June 2017.

Note: The following courses are recommended courses, and are not mandatory for completion of a BKIN. In addition to courses, students are recommended to gain volunteer or work experience in a coaching setting within the sport they wish to coach. Students are urged to visit the National Coaching Certification Program website to find additional courses or certifications they may need for their sport.

Complementary Kinesiology Courses	Suggested Non-KIN Electives
KIN 115 A/B: Performance Analysis	CAPS 391: Intro to Macroscopic Human Anatomy
KIN 215 A/B: Performance Analysis	PSYC 100: Introductory Psychology
KIN 303: High Performance Conditioning	SOCI 100: Intro to Sociology
KIN 365: Foundations of Coaching	ANTH 100: Intro to Cultural Anthropology
KIN 400: Planning Phys. Ed., Sport, and Exercise Programs	EPSE 316: Learning Disabilities
KIN 415: Approaches to Games Education	ADHE 327: Teaching Adults
KIN 367: Leisure and Disabled Persons	FMST 312: Parent-Child Relationships
KIN 361/461: Prevention of Sports Injuries	SOCI 466: Socialization and Education
KIN 375: Exercise Physiology II	
KIN 371: Statistics in Kinesiology	

Disclaimer: While every effort will be made to ensure that the information provided is accurate and up to date, it is the student's responsibility to check directly with the institutions/schools they are applying to. Courses listed in this document are RECOMMENDED courses for a career in coaching. Other institutions/schools may have more specific/alternate requirements and it is advised that you consult their admission requirements respectively. Please see an Academic Advisor to discuss your course options.



Additional Resources

Suggested Co-Curricular Involvement	Suggested Certifications
Kinesiology Undergraduate Society	First Aid & CPR/AED
UBC Sports Camps	National Coaching Certification Program (NCCP)
Active Kids UBC	
Community Coaching	
Sports Camp Director/Counsellor/Instructor	

How To Get Involved / How To Get Certified	Other Programs To Enhance Your Learning Experience
National Coaching Certification Program (NCCP) http://www.coach.ca/	Kinesiology Peer Academic Coaching (KPAC) http://kin.educ.ubc.ca/current-students/student-kinvolvement/kpac/
Canadian Sport for Life http://www.canadiansportforlife.ca/	Athletics & Recreation: Campus Recreation http://www.recreation.ubc.ca/
First Aid/CPR Training – Canadian Red Cross http://www.redcross.ca/	Campus Life: Volunteer for Campus Events http://www.students.ubc.ca/campus-life/
	Community Service Learning: http://www.learningexchange.ubc.ca/community_learn.html
	Co-operative Education Program http://kin.educ.ubc.ca/co-op/about/

Career Planning Tips

ASSESS: Self discovery
Reflect and write down your interests, values, personality traits, and skills.

EXPLORE: Self awareness and career options
List your top 5 priorities in each category of self assessment. Identify employment sectors based on the list.

RESEARCH: Gather information
Choose and gather information on 5 to 10 careers as identified above. Go online and talk to people in the industry.

EVALUATE: Make decisions
Identify pros and cons, required education, job trends, entrance strategies, and related occupations.

PLAN: Action!
Set goals and carry out strategies to experience your chosen career (e.g., volunteer, Co-op, summer work)

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