Program Objectives

Upon successful completion of the program, students will be able to:

1. Develop and implement a personal philosophy that builds on an athlete-centered approach to coaching.
2. Become a skilled, knowledgeable and ethical coach of athletes of any age in any sport.
3. Gain an understanding of how athletes develop physically, emotionally, and psychologically.
4. Acquire the knowledge and expertise to administer a coaching program at any level.
5. Demonstrate the ability to build athletes’ skills, confidence, and decision-making abilities.
6. Learn to communicate clearly and effectively with athletes, staff, stake-holders, community members and the media.
7. Learn how to use research to drive practical applications in the support and development of athletes’ skills.
8. Develop and teach safety and emergency procedures for the protection of athletes.