

	WellStar College of Health and Human Services
	Health Promotion and Physical Education – Undergraduate
	Coaching Education, Certificate

Upon completion of this degree from KSU, students will be able to:

1. Analyze different coaching styles and formulate a personal coaching philosophy.
2. Design programs of training, conditioning, and recovery that properly recognize and acknowledge athletes and developmental patterns.
3. Describe the physiological, psychological, and sociological benefit of sports participation.
4. Identify and use the psychological skills and mental techniques associated with various sports.