

KINESIOLOGY AND SPORT STUDIES

COACHING AND SPORT PERFORMANCE DIPLOMA

UPDATED FEBRUARY 2012

This Diploma Program is designed for students who wish to complete a diploma with a focus on coaching or pursue the university transferable program of studies in the area of Kinesiology and Sport Studies. Students will develop the knowledge, attitude and practical skills required to coach select individual or team sports. Acceptance into the Coaching and Sport Performance Diploma Program is limited by quota based on a minimum CGPA of 2.0, Directed Study placement availability, and an interview. Students normally apply to this diploma program in January during their first year of studies in the Kinesiology and Sport Studies Program.

SUGGESTED PATTERN YEAR 1

YEAR 1 FALL TERM		YEAR 1 WINTER TERM	
KNSS 200 (3)	Structural Anatomy	KNSS 201 (3)	Biomechanics
KNSS 270 (3)	Leadership and Instruction in Physical Activity	KNSS 204 (3)	Introduction to the Sociocultural Found of Physical Education, Leisure and Sport
KDNC 200 (3)	The Spectrum of Dance in Society	KNSS 210 (3)	Fitness and Wellness Theory and Practice
Option (3)	KNSS 260 recommended (Introduction to Coaching Theory)	KNSS 240 (3)	Adapted Physical Education
KPAC/KDNC (1.5)	Physical Activity or Dance course(s)	Option (3)	PSYC 260 recommended (Basic Psychological Processes)
One of:	KPAC 290 (1.5) Metabolic Conditioning KPAC 321 (3) Applied Resistance Training Advanced KPAC (3)- KPAC 311 (Basketball) or KPAC 314 (Hockey) or KPAC 337 (Volleyball)		

SUGGESTED YEAR 2 SEQUENCE

PSIO 258 (3)	Elementary Physiology I
PSIO 259 (3)	Elementary Physiology II
KNSS 202 (3)	Physiology of Exercise
KNSS 250 (3)	Introduction to the Administration of Sport, Physical Activity, and Recreation Programs
KNSS 253 (3)	Psychological Sport Performance
KNSS 260 (3)	Intro to Coaching Theory (if KNSS 260 taken in Yr. 1, take Approved Option here - KNSS 280 recommended) ¹
KNSS 299 (3)	Directed Study in Kinesiology and Sport Studies
One of:	KNSS 203 (3) Skill Acquisition and Performance KNSS 220 (3) Introduction to Athletic Therapy
One of:	KNSS 205 (3) History of Sport KNSS 209 (3) Measurement and Evaluation KNSS 244 (3) Introduction to Nutrition KNSS 307 (3) Growth and Development
One of:	KPAC 290 (1.5) Metabolic Conditioning KPAC 321 (3) Applied Resistance Training An Advanced KPAC (3) - KPAC 311 (Basketball) or KPAC 314 (Hockey) or KPAC 337 (Volleyball)

NOTES:

¹Students who choose to take KNSS 280 must take a mandatory camp during the fourth week of August.

GRADUATION AND PROMOTION:

1. The diploma program requires the completion of the previously listed courses or acceptable replacement courses.
2. You must complete all courses with a minimum cumulative grade point average (CGPA) of 2.0 with no grade lower than a "D" in any course to receive the Kinesiology & Sport Studies Diploma.
3. The Coaching and Sport Diploma also requires the completion of the following certifications: First Aid & CPR

TRANSFER FEATURES:

The courses required for this diploma are transferable to the University of Alberta and the University of Calgary unless otherwise noted. If you are considering transfer to the U of A or the U of C after completing this diploma, please refer to the Academic Planning Guides labeled "Red Deer College General Diploma in Kinesiology and Sport Studies, University of Alberta, Bachelor of Physical Education" or "Red Deer College General Diploma in Kinesiology and Sport Studies, University of Calgary, Bachelor of Kinesiology" for details on admission and transfer to these programs. Students interested in transferring to the University of Lethbridge are advised to consult with an academic advisor.

Students considering transfer to a university are advised to read the calendar of the destination university and become familiar with the Alberta Transfer Guide. An academic advisor will assist you in learning how to use these tools.

HOW TO FIND MORE INFORMATION

RDC Chairperson

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Email: sharon.hamilton@rdc.ab.ca

RDC Academic Advising

Room 1102
Phone: (403) 342-3400
Email: advisors@rdc.ab.ca

Program website:

www.rdc.ab.ca/academic_departments/kinesiology_sports_studies/

RDC Website

<http://www.rdc.ab.ca>

RDC Timetable

http://www.rdc.ab.ca/academic_calendar/timetable/

Alberta Transfer Guide

<http://www.acat.gov.ab.ca>

PLEASE NOTE:

Please be aware that you are responsible for ensuring that your registration is complete and appropriate and that your course choices comply with the program to which you have been admitted at Red Deer College and/or to the university to which you wish to transfer (if applicable).

You are cautioned that any changes to your courses, your major or your transfer destination may adversely affect your transferable credit (if applicable), admission requirements for future programs, or eligibility to graduate from Red Deer College. Please consult with an academic advisor if you have any questions.

The function of academic advisors is to provide students with information and resources that enable them to make informed decisions relevant to their education. These resources include the Red Deer College Calendar, the Academic Planning Guide for your chosen program and destination university (if applicable), the Alberta Transfer Guide and the calendar and contact information for your destination university (if applicable). Academic advisors will assist you in interpreting information from these resources or refer you to your destination university if appropriate. Students in university transfer programs are strongly advised to refer to the calendar of the university to which they wish to transfer and should contact appropriate university departments as required.