

**SBVC Kinesiology
Coaching Certificate**

**Advisory Committee
Zoom – Meetings.**

March 15, 16 and 17, 2021

Kristen Braun	Matthew Maeda - present
Athletic Director	Athletic Director
Jurupa Valley High School	San Geronio High School
Chanel Burrell - present	Denise Robertson - present
Certified Athletic Trainer	Certified Athletic Trainer
Jurupa Hills High School	San Geronio High School
Keith Candelaria	Scott Sunderland - present
Certified Athletic Trainer	Former Athletic Director
San Bernardino Valley College	Colton High School
Tiffany Gordon - present	
Athletic Director	
Certified Athletic Trainer	
Grand Terrace High School	

1. Introductions
2. Coaching Certificate discussion
 - a. Kristin Hauge from SBVC reviewed the current planned coaching certificate requirements and student-learning outcomes.
 - i. Examples of the course curriculum and learning outcomes were provided to each advisory committee member prior to the zoom meeting. (These items are included at the end of these meeting minutes)
 - b. Kristin Hauge called for discussion on coaching certificate course work.
 - c. Chanel Burrell from Jurupa Hills HS stated she felt this coursework was a great base for all coaches. In addition, she noted that the Sports Psychology class is critical for coaches allowing them to be empathetic to their athletes and know how to lead and support each athlete given their personal experience and needs.
 - i. Chanel stated she felt a mandatory weight training class was critical for football coaches, so they know how to teach their athletes to properly lift.
 - ii. This sentiment was agreed upon however no recommendation was made to make weight training mandatory. I

- iii. Tiffany Gordon, Grand Terrace High School stated the activity courses weightlifting, conditioning for sports, physical fitness and yoga are all valuable options and each coach should choose the best course to take for the sport they intend to coach.
 - iv. Tiffany contended soccer for example may best be served by a physical fitness or conditioning course because that course better fit the physical demands of the sport.
 - v. All in attendance agreed and the activity courses remained as Kristin Hauge from SBVC initially proposed.
- d. Chanel continued that adding Sports Management or Athletic Administration should be a required course.
- i. Matthew Maeda from San Geronio High School agreed with Chanel. He stated this course was huge for a head coach to have. He would give priority to any applicant's that not only had a coaching certificate but had taken this course as well. Stating coaches need to understand the following.
 - 1. Liability
 - 2. Know what their supervisors are expecting whether that be the athletic director or administrators at the school.
 - 3. Coaches need to understand why a practice plan is important for safety and liability. Siting an example within the sport of football. If the coach was disposed on the stand after an athlete sustained a neck injury, these practice plans can be used as evidence to show the coach taught proper hitting techniques and possibly limit liability.
 - 4. Matthew also stated he felt the learning outcome with athletic administration was great.
 - ii. Scott Sunderland, Colton High School stated he observed a legal liability disconnect by coaches and concurred the athletic administration class was critical for the safety of the athletes and to protect the coaches and school from lawsuits.
- e. Chanel Burrell spoke about the athletic training club she has at Jurupa Hills High School called senior seminar. She suggested her seniors could begin this program while still in high school with Health and First Aid and CPR classes.
- f. Scott Sunderland of Colton High School mentioned that CIF requires various courses of its coaches through the National Federation of High School Sports Federations. The HFHS offers courses on concussions, sudden cardiac arrest and heat illness that are free. Once completed they are valid for two years before a coach must take them again.
- i. Matt Maeda also recommended these courses as well as the CPR/First Aid. Each course takes 20-30 minutes. In addition, each coach is required to complete the Fundamentals of Coaching CIF Course which costs money but will be required before a person is hired as a coach. He suggested that students just be notified of this course.
 - ii. Tiffany Gordon also suggested the students look at the resource library as other valuable courses are offered such as parent classes and sport specific coaching course. The NFHS library is a valuable resource for coaches.

- iii. Matt also mentioned the courses on social media, technology, and parent communication.
 - g. Matt Maeda expressed that the Sports Officiating course is valuable for coaches as well as it teaches coaches what officials are looking for and how to effectively communicate with the officials prior, during and after contests.
3. Kristin Hauge called for any suggestions for changes or additions to the learning outcomes, but all agreed that the outcomes were sufficient.
 4. Finally, a vote was taken, and all were in favor of adding Athletic Administration as a required course for the certificate if the number of required units could be increased. All the other courses originally proposed with the certificate will remain in place.
 5. Kristin Hauge called for any other comments, none were made.
 6. Meeting adjourned.

Prior to the meeting, each member of the committee was provided with the proposed certificate courses and student learning outcomes. Beyond general discussion, each member was asked to consider the following questions.

1. Would you add classes, delete classes, or substitute other classes in place of the ones we are currently requiring?
2. For the Student Learning Outcomes, are there any you would delete?
3. Would you like to add any learning outcomes? If so, what are they?
4. If applicable to you, how often did you hire athletic coaches for your high school?
5. Do you have trainer aides at your high school? If so, is it a paid position or unpaid internship?
6. AD's, what do you look for most in the coaches you hire? Qualifications, history, etc.
7. Trainers and AD's – what do you want student trainer aides to learn and be able to do to assist a certified trainer?
8. Any misc. thoughts or feedback on any of this?
9. Do you find these certificates valuable to the students and to serve our community?

COACHING CERTIFICATE

Current Proposed Coaching Certificate Courses

Exercise Nutrition

First Aid & CPR

Introduction to Athletic Training

Sports Psychology

Theory of Coaching

Pick one course from below.

Weightlifting, physical fitness, conditioning for sports or yoga

Possible additions or replacements:

Athletic Administration

Exercise Physiology

Health 101

Sport Management

Sports Officiating

Proposed Program Student Learning Outcomes:

- A. Formulate a full season plan of practice for the players in their respective sport.
- B. Understand the basic principles of coaching which includes communication, motivation, visualization.
- C. Develop an understanding of the basic principles of hydration and nutrition for athletic competition.
- D. Develop an understanding of sports psychology and the impact it has upon individual and team sport performance.
- E. Develop a basic understanding of the body, athletic injuries, rehab, and recovery.
- F. Obtain a CPR and first aid card.
- G. Develop a proper warm-up and cool-down routine to limit sports related injuries in their athletes.
Complete a specific single day practice plan.
- H. Demonstrate and apply knowledge of health-related fitness and wellness, injury prevention and management, strength and conditioning and nutrition.
- I. Identify, utilize, and apply necessary principles of sport management, event management, emergency management, legal liability and problem solving.
- J. Demonstrate an organized approach to communication while utilizing appropriate behavior skills and recognizing different social attitudes.
- K. Recognize, describe, utilize, and apply basic principles of coaching theory including goal setting and solution-oriented practice planning.