

ATHLETICS, CERTIFICATE OF ACHIEVEMENT

Banner Code: 1_CN_ATHL

Financial Aid Eligible

This Certificate of Achievement is designed for students who wish to participate in intercollegiate athletics at Orange Coast College and works towards completing lower division general education. It provides student athletes the opportunity to develop skills related to leadership, teamwork, collaboration, and personal responsibility within a team environment. Students who complete this certificate will have demonstrated excellence in lower division general education coursework and in intercollegiate athletic courses.

Program Outcomes

1. Student will make progress towards completing general education to be eligible to transfer to a four-year institution.
2. Students will gain transferable life skills related to teamwork, collaboration, dedication, and completion.

Review Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/certificates/#achievementtext>).

Course	Title	Units
Required Courses		
<i>Choose 6 units from the following, including 3 units of intercollegiate athletics courses (Athl A235 - A263) and 3 units of team conditioning courses.</i>		
ATHL A235	Basketball Team - Women's	3
ATHL A236	Cross Country Team - Women's	3
ATHL A238	Crew Team - Women's	3
ATHL A239	Golf Team - Women's	3
ATHL A240	Soccer Team - Women's	3
ATHL A241	Fastpitch Team	3
ATHL A242	Swimming Team - Women's	3
ATHL A243	Tennis Team - Women's	3
ATHL A244	Track and Field Team - Women's	3
ATHL A245	Volleyball Team - Women's	3
ATHL A246	Water Polo Team - Women's	3
ATHL A247	Sand Volleyball Team-Women's	3
ATHL A250	Baseball Team	3
ATHL A251	Basketball Team - Men's	3
ATHL A252	Crew Team - Men's	3
ATHL A253	Cross Country Team - Men's	3
ATHL A254	Football Team	3
ATHL A255	Golf Team - Men's	3
ATHL A257	Soccer Team - Men's	3
ATHL A258	Swimming Team - Men's	3
ATHL A259	Tennis Team - Men's	3
ATHL A260	Track and Field Team - Men's	3
ATHL A261	Volleyball Team - Men's	3
ATHL A263	Water Polo Team - Men's	3
ATHL A109	Sports Conditioning	0.5-2.5

Course	Title	Units
ATHL A119	Athletic Team Training	0.5-5
ATHL A129	Fitness for Performance	0.5-2.5
KIN A105	Cardiovascular Fitness	0.5-2.5
KIN A106	Weight Training Level 1	1-2
KIN A107	Fitness Programs I	0.5-3
KIN A108	Strength and Conditioning	0.5-3
KIN A208	Strength and Conditioning Level 3	0.5-3
Restricted Electives		
<i>Choose 12 units from the following:</i>		
ANTH A100/A100H	Cultural Anthropology	3
ANTH A190	Introduction to Linguistic Anthropology	3
ASTR A100/A100H	Introduction to Astronomy	3
ASTR A100L	Introduction to Astronomy Laboratory	1
ART A100/A100H	Survey of Western Art from Prehistory Through Gothic	3
ART A101/A101H	Survey of Western Art from Renaissance to Modern	3
ART A102	Survey of Modern and Contemporary Art History	3
ART A107	Introduction To Art	3
BIOL A100/A100H	Principles of Biology	4
BIOL A125	Human Biology	3
BIOL A180	Introduction to Biology for Majors 1: Cell and Molecular Biology	4
BIOL A210	General Microbiology	5
BIOL A220	Human Anatomy	5
BIOL A221	Anatomy-Physiology	4
BIOL A225	Human Physiology	5
CDE A180	Child, Growth and Development	3
CHEM A100	Principles of Chemistry	3
CHEM A110	Introduction to Chemistry	5
CHEM A130	Preparation for General Chemistry	4
CHEM A180	General Chemistry A	5
CMST A100	Interpersonal Communication	3
CMST A110	Public Speaking	3
CMST A180	Introduction to Mass Communications	3
COUN A104	Career & Life Planning: A Holistic Approach	3
COUN A105	Strategies for College Success	3
DMAD A181	Introduction to Computer Graphics	3
ECON A100	Economics: General Concepts	3
ECON A170	Microeconomics	3
or ECON A170H	Microeconomics Honors	
ECON A175	Macroeconomics	3
or ECON A175H	Macroeconomics Honors	
ESEC A100/A100H	Introduction to Environmental Science	3
ENGL A100	Freshman Composition	3
ENGL A101/A101H	Critical Reasoning: Fiction	4
ETHS A100	Contemporary Ethnic America	3
ETHS A150	Ethnic Groups in the United States: Their Histories	3
FILM A100	History and Appreciation of the Cinema	3
FILM A150	History of Radio & Television	3

Course	Title	Units
FN A136	Nutrition, Fitness and Performance	3
FN A170	Nutrition	3
GEOG A100/A100H	World Regional Geography	3
GEOL A105/A105H	General Geology	3
GEOL A105L	General Geology Laboratory	1
HIST A150	Ethnic Groups of the United States: Their Histories	3
HIST A161/A161H	World History 1	3
HIST A170/A170H	History of the United States to 1876	3
HIST A175/A175H	History of the United States Since 1876	3
HIST A180/A180H	Western Civilization 1	3
HLED A100	Personal Health	3
HORT A100	Horticulture Science	3
HUM A100	Introduction to the Humanities	3
KIN A202	Introduction to Kinesiology	3
KIN A203	First Aid and CPR	2
KIN A270	Fitness and Health	3
KIN A271	Drugs & Sports	3
KIN A272	Movement Analysis	3
KIN A280	Strength Conditioning/Theory	3
KIN A282	Introduction to Exercise Physiology	3
KIN A283	Nutrition, Fitness, and Performance	3
MATH A100	Liberal Arts Mathematics	3
MATH A115	College Algebra	4
MATH A120	Trigonometry	3
MATH A155	Finite Mathematics with Applications	4
MATH A160	Introduction to Statistics	4
MATH A170	Precalculus	4
MATH A180/A180H	Calculus 1	4
MRSC A100/A100H	Oceanography	3
MRSC A185	Coastal Oceanography	3
MRSC A185L	Coastal Oceanography Lab	1
MUS A100	History and Appreciation of Western Classical Music	3
MUS A105	Music from Bach Up to Rock	3
MUS A115	Fundamentals of Music	3
MUS A139	History of Rock Music	3
PHIL A100	Introduction to Philosophy	3
PHIL A120	Ethics	3
PHIL A150	Critical Reasoning & Writing	3
PHOT A120	Introduction to Photography	3
PHOT A130	History and Appreciation of Photography	3
PSCI A180/A180H	American Government	3
PSYC A100/A100H	Introduction to Psychology	3
PSYC A160	Statistics for the Behavioral Sciences	4
PSYC A165	Principles of Human Sexuality 1	3
PSYC A220	Psychology of Personality	3
PSYC A260	Social Psychology	3
RLST A100	Introduction to Religious Studies	3
RLST A110	World Religion	3
SOC A100/A100H	Introduction to Sociology	3

Course	Title	Units
SOC A110	Introduction to Dating, Relationships, and Marriage	3
SOC A150	Introduction to Race and Ethnicity	3
SOC A185/A185H	Analysis of Social Problems	3
THEA A100	Introduction to Theatre	3
THEA A101	Introduction to History and Literature of the Theatre	3
THEA A105	Drama and Acting (Total)	3
Total Units		18

Program Sequence

These sequences at Orange Coast College are curriculum maps for students to finish all requirements for the certificate. There may be advisories, prerequisites, or time requirements that students need to consider before following these maps. **Students are advised to meet with an Orange Coast College Counselor for alternate sequencing.**

Course	Title	Units
Year 1		
Semester 1		
ATHL COURSE (A235-A263 LEVEL)- CHOOSE ONE (See Requirements)		3
CONDITIONING COURSE ¹		1
RESTRICTED ELECTIVE- CHOOSE ONE (See Requirements)		3-5
RESTRICTED ELECTIVE- CHOOSE ONE (See Requirements)		3-5
Units		10-14
Semester 2		
CONDITIONING COURSE ¹		2
RESTRICTED ELECTIVES- CHOOSE ONE (See Requirements)		3-5
RESTRICTED ELECTIVE- CHOOSE ONE (See Requirements) ²		3-5
Units		8-12
Total Units		18-26

¹ CONDITIONING COURSE- units vary from 0.5-3 units; 3 units required in total

² RESTRICTED ELECTIVES must total at least 12 units