

# Coaching Graduate Certificate

## What is it?

The Coaching Graduate Certificate is an online graduate level program based on the elements of Athlete Learning and Development and Sport Science that covers in a comprehensive and research-based way, a variety of topics and issues related to both the art and science of coaching. Students will gain the skills and knowledge in the principals of planning, skill development, pedagogy, leadership, sport and society.

Students will be equipped with the knowledge and skills to reflect and think critically about their coaching in order to challenge and question numerous taken-for-granted coaching practices and assumptions within sport concerning what it means to be an effective and ethical coach. This includes issues and topics related to historical forms of exclusion within sport and coaching resulting from racism, long-standing colonial structures, and other forms of bias and prejudice such as gender-based inequities.

## Who is it for?

This program will be of interest to working professionals seeking an opportunity to enhance their knowledge in the area of coaching. This includes individuals working in sport, recreation, and education, as well as full-time/professional or volunteer coaches, assistant coaches, and other additional sectors. Knowledge and experiences gained from this certificate may contribute toward professional growth, better training, development, and environments for athletes and other involved in sport along with promotional opportunities and job security.

## What knowledge and skills will I gain?

Upon successful completion of the Certificate, students will have developed a number of highly relevant competencies – knowledges, skills, and qualities – to enable them to work successfully as a coach across a variety of sport contexts.

More specifically, students will be prepared to:

- Lead and empower others with respect and an awareness and appreciation of difference especially as it concerns age, gender, racial background, Indigenous background, disability, or sexual orientation;
- Problematize a range of taken-for-granted coaching practices through the application of a number of advanced social science and natural science theories and concepts;
- Analyze the processes related to athlete development and performance enhancement from a holistic and multi-disciplinary perspective that goes beyond coaching the physical to include the mental (intellectual and emotional), spiritual, and cultural;
- Identify and manage effectively the multiple factors that contribute to sport's dynamic and diverse nature;

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- Demonstrate the importance of thinking ethically as a coach and using one's power and expertise responsibly in order to promote and foster coaching environments that are safe, positive, healthy, developmentally appropriate, and that also acknowledge individuals' unique life experiences, qualities, and characteristics;
- Critically evaluate the production and dissemination of sport science and coaching research with a particular emphasis on structures of knowledge that reinforce and perpetuate coaching practices that fail to consider a multiplicity of perspectives and approaches to the provision of sport;
- Communicate effectively, both orally and in writing, to develop strong and positive relationships across a range of relevant communities, e.g., athletes, families, support team members, and other stakeholders;
- Disseminate through various formats, such as publications and presentations, advanced conceptions of effective coaching

## What are the requirements?

- Eligible students will have an Undergraduate Degree, with a GPA of 3.0 (if you do not meet this, please contact the Manager, International and Community Education at [KSRCert@ualberta.ca](mailto:KSRCert@ualberta.ca))
- A minimum of 1 year related work experience.
- A current curriculum vitae/resume.
- A letter of intent.
- One professional reference.

## What courses will I take?

Students are required to complete four courses, each worth 3 credits, for a total of 12 credits. There are six courses to choose from plus the non-credit seminar. Courses are offered online only and students will have up to four years to complete the certificate. The nature and number of courses offered in a calendar year will vary. All six courses will not be offered each year.

- Social Dimensions of Performance in Sport
- Psychosocial Dimensions of Performance in Sport
- Sport and Physical Activity for Children and Youth
- Motor Learning and Performance in Sport
- Physiology and Performance in Sport
- Biomechanics and Performance in Sport
- Coaching Seminar (non-credit)

## When will courses be offered?

This program will begin in Fall 2022. Applications for admissions will open on October 1st, 2021. Students can begin in Fall, Winter, or Spring. Application deadlines are:

- Fall: August 1
- Winter: December 1
- Spring: April 15

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## How much does the Certificate cost?

Tuition is \$6,400.00 to complete all four courses in the certificate, plus non-instructional fees. Each course is approximately \$1,600.00 plus non-instructional fees.

## REGISTRATION OPENS OCTOBER 1ST, 2021!

## Need additional information?

Visit [UAB.CA/KSRCert](http://UAB.CA/KSRCert) or email Jill Cameron at [KSRcertificates@ualberta.ca](mailto:KSRcertificates@ualberta.ca)



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FACULTY OF KINESIOLOGY,  
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