

# MENTAL SKILLS FOR SPORT COACHING, POST-BACCALAUREATE CERTIFICATE

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The Post-Baccalaureate Certificate program in Mental Skills for Sport Coaching is designed for individuals who want to gain sports psychology knowledge and skills to maximize their coaching. Students will learn psychological theories applicable to coaching for sport performance, apply mental skills to enhance athlete performance and coach well-being, recognize psychological factors and intervention strategies related to the risk, experience, and treatment of athletic injuries from a biopsychosocial perspective, and implement motor learning principles for effective learning and performance of skills.

For information regarding deadlines and requirements for admission, please see <https://grs.uncg.edu/programs/>.

## Certificate Program Requirements

**Required:** 9 credit hours

Code	Title	Credit Hours
<b>Required Courses (9 credits) *</b>		
KIN 680	Mental Skills for Coaching Athletes	3
KIN 728	Advanced Motor Learning and Control	3
KIN 743	Psychological Aspects of Sport Injury	3
<b>Total Credit Hours</b>		<b>9</b>

\* *Students must complete each course with a grade of B- or higher and earn a cumulative GPA of 3.0 or greater to receive the certificate.*