

# ATHLETIC LEADERSHIP UNDERGRADUATE ACADEMIC CERTIFICATE

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All required coursework must be completed with a grade of C or better (O-10-a (<https://catalog.uidaho.edu/general-requirements-academic-procedures/o-miscellaneous/>)).

| Code   | Title   | Hours        |
|--|---|--------------|
| ESHS 4750  | Moral Reasoning in Sport                                | 3            |
| Select 7-9 credits of Leadership electives:                                    |   | 7-9          |
| INTR 2100  | College Success Strategies for Student-Athletes         |              |
| INTR 4010  | Career and Leadership Development                       |              |
| IS 3500  | Sports and International Affairs                        |              |
| ESHS 3010  | Peer Health Education                                   |              |
| ESHS 3050  | Sport and Exercise Psychology                           |              |
| Select 1-3 credits of Athletic, Recreation, Performing Art, Fitness electives: |   | 1-3          |
| DAN 1050   | Dance   |              |
| IFIT 1060  | Fitness and Wellness                                    |              |
| IFIT 1070  | Individual and Team Sports                              |              |
| IFIT 1080  | Water-Based Fitness and Sports                          |              |
| ESHS 1320  | Skill and Analysis of Striking and Net/Wall Activities  |              |
| ESHS 1330  | Skill and Analysis of Target and Invasion Activities    |              |
| ESHS 1340  | Skill and Analysis of Recreation and Outdoor Activities |              |
| RSTM 1080  | Orienteering & Navigation                               |              |
| RSTM 2220  | Cross Country Skiing                                    |              |
| RSTM 2240  | Whitewater Rafting                                      |              |
| RSTM 2250  | Kayaking  |              |
| RSTM 2270  | Mountain Biking   |              |
| <b>Total Hours</b>   |   | <b>11-15</b> |

**Courses to total 12 credits for this certificate**