

Tababaridda

ridgewater.edu/coaching

Barnaamijka

Haddii aad jeceshahay isboortiga oo aad jeceshahay inaad la shaqayso dhalinyarada oo aad saamayn togan ku yeelato noloshooda, tababbaridu waxay kuu noqon kartaa xulasho aad u fiican.

Ridgewater College ayaa u diyaarisay shahaadada Tababarida ardayda qorshaynaysa inay raacdaan xirfad la xiiriirta tababbarka ardayda ciyaartooyda ah ee heerka dugsiga sare. Sartifikeedka waxaa caadi ahaan lala qaataa shahaado kale, sida Liberal Arts AA ama shahaadada AS oo waxbarashada la xiriirta.

Marka la dhammeeyo, sartifikeedkani wuxuu buuxin doonaa ama ka sarrayn doonaa shuruudaha Minnesota State High School League (MSHSL) iyo Xeerka Minnesota ee 3512.3100 si aad u noqoto madaxa tababaraha isboorti ee ciyaaraha dugsiga sare.

Koorsooyinku waxay daboolayaan wax kasta laga soo bilaabo tababarka jirka iyo ka hortaga dhaawaca iyo daaweynta ilaa qaababka wada xiriirka wada hadalka iyo falsafadaha tababarka. Waxaad sidoo kale baran doontaa qaababka feejignaanta cayaaraha, dhiirigelinta, dejinta yoolka shaqsiyeed iyo kooxeed, iyo maaraynta welwelka.

Waxaad qaadanaysaa afar koorso oo loo baahanyahay oo waxaad ka soo dooranaysaa shan koorso oo ikhtiyaari ah oo khaas u ah cayaaraha.

Astaamaha Gaarka ah ee Barnaamijka

- Diirad saarida isboortiga fursadaha garsoorka khadka internetka ee kubbadda koleyga, softball iyo baseball
- Xoog saarida waxbarashada gacmaha lagu qabanayo
- Buuxinaya ama ka sarreeya shuruudaha Liiga Dugsiga Sare ee Gobolka Minnesota (Minnesota State High School League)



Xarumaha kulliyadda ee Hutchinson iyo Willmar

Koorsooyinka 2da dhibcood ah ee loo baahanyahay waxaa ka mid ah:

- Ka Hortaga iyo Daryeelka Dhaawacyada Ciyaaraha
- U tababista Shaqada Tababbarka (iskaa-u-socod)
- Gargaarka Koowaad/CPR
- Hordhaca Cilmi-nafsiga Ciyaaraha

Fursadaha isboortiga doorashada 2-dhibcood oo xirfadaha barashada ah, tababarida iyo garsoorka waxaa ka mid ah:

- Football
- Kubadda Laliska
- Lagdamaada
- Kubbadda koleyga
- Kubadda Softball iyo baseball

Macluumaadka Xirfadda

Jagooyinka shaqada tababarka ee dugsiga sare iyo dugsiga dhexe sida caadiga ah waa boosas wakhti dhiman ah oo ay qaataan barayaasha ama dadka haysta shaqo wakhti buuxa oo dabacsanaan leh si ay u buuxiyaan baahiyaha koox tartamada ku jirta, oo safarta.

Shahaadooyinka

Barista Jimicsiga Jirka iyo Tababarida
Sartifikeedka - 10 dhibcood

Ballan u samayso Booqasho & Codso Maanta!

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Galay Kaalinta #1 ee
Kulliyadaha Bulshada ee
Minnesota iyo 20ka Ugu
Sarreeya Maraykanka,
2020 & 2021 *niche.com*

Waxda la Xiriirta

Waxbarashada jimicsiga jirka



RIDGEWATER
COLLEGE

Xubin katirsan Gobolka Minnesota

Ridgewater College waa tallaabo xaqiijin ah, shaqo bixiye iyo waxbare fursado loo simanyahay. Dukumi-intigaan waxa lagu heli karaa qaabab kale oo loogu talagalay shaqsiyaadka naafada ah; macaamiisha qaba naafonimada maqalka ama hadalka ayaa nagula soo xiriiri kara iyagoo adeegsanaya Adeegga Lalisks ee ay Doortaan. 11/2020 N120

Maajo 2021: Tarjuman waxaa maalgelisy deeqda RC Perkins grant. Si aad u hesho macluumaadkii ugu dambeeyey ee barnaamijka, booqo ridgewater.edu oo ka dooro turjubaanka Luqadda ee af Soomaaliga.

Coaching

ridgewater.edu/coaching



Hutchinson and Willmar Campuses

About the Program

If you love sports and you love working with youth and having a positive impact on their lives, coaching may be an excellent option.

Ridgewater College developed the Coaching certificate for students planning to pursue a career that involves coaching student athletes at the high school level. The certificate is typically earned with another degree, such as the Liberal Arts AA or an education-related AS degree.

Upon completion, this certificate will meet/exceed the requirements of the Minnesota State High School League (MSHSL) and Minnesota Rule 3512.3100 for you to be a head varsity coach of a senior high school interscholastic sport.

Courses cover everything from physical training and injury prevention and treatment to communication styles and coaching philosophies. You will also learn about athlete attention styles, motivations, individual and team goal setting, and stress management.

You take four required courses and select from five elective courses that are sport specific.

Program Distinctions

- Flexible sport focus; online officiating options for basketball, softball and baseball
- Emphasis on hands-on learning
- Meets or exceeds Minnesota State High School League requirements

Required 2-credit courses include:

- Prevention and Care of Athletic Injuries
- Coaching Practicum (self-paced)
- First Aid/CPR
- Introduction to Sport Psychology

Elective 2-credit sport options for learning skills, coaching and officiating include:

- Football
- Volleyball
- Wrestling
- Basketball
- Softball and baseball

Career Info

High school and middle school coaching positions are typically part-time positions taken on by educators or people who have flexibility with their full-time jobs to meet the needs of a competitive, traveling team.

Degrees and Certificates

Physical Education Teaching and Coaching
Certificate - 10 credits

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Ranked Minnesota's
#1 Community College
and US Top 20,
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Related Department

Physical Education



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A Member of Minnesota State

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