

## Course Content

### NFHS Fundamentals of Coaching Course

#### Educational Athletes and the role of the Coach

1. Introduction to the NFHS Coach Education Program
2. Mission and purpose of interscholastic athletics
3. Expected outcomes of interscholastic athletics
4. The role of the coach
5. Coaching Philosophy
6. Professional development

#### The Coach as Manager

1. Organization
2. Administration
3. Health and well-being of student-athletes
4. Management of stakeholders

#### Applied Psychology of Coaching

1. Creating the optimal coaching environment
2. Communication
3. Feedback
4. Mental skills

#### Applied Physiology of Coaching

1. Strength and conditioning
2. Injury prevention
3. Growth and development
4. Nutrition
5. Drugs in sports
6. Hydration

#### The Coach as Teacher

1. Technical skill development and analysis
2. Tactical skill development and analysis
3. Instructional techniques
4. Practice variables
5. Practice plans

## The Cost

NFHS Fundamentals of Coaching	\$35.00
RIIL Rules and Regulations Test	<u>15.00</u>
<b>TOTAL</b>	<b>\$50.00</b>

The RIIL encourages school districts to consider paying or partially paying for their entire coaching staff to take the course.

## Professional Development Credit

Teacher/Coaches who complete the Fundamentals of Coaching Course are eligible to receive one (1) Professional Development Credit (PDC) from the Rhode Island State Department of Education.

To receive the one (1) PD Credit, the RIIL will require your Teacher Certification Number. Please contact Gail Lepore at the League Office (272-9844) with your information.

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Rhode Island  
Interscholastic  
League

# NFHS FUNDAMENTALS OF COACHING COURSE

National Federation of  
State High School Associations



A Training For All  
Rhode Island High School Coaches

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## Why Coaches Education?

The Rhode Island Interscholastic League (RIIL) believes its interscholastic athletic programs are an “extension of the classroom”. The heart of the high school sport experience is the quality of coaching provided to student-athletes. A qualified coach has the potential to positively affect a child’s development particularly in regard to character development and healthy lifestyles. Research has shown that over 75% of young athletes leave sports by age 12 citing poor coaching and the negative influence of parents as reasons.

A key element of having high quality coaching is ensuring coaches have proper and ongoing training. While recognizing that coaches (certified teachers and non-certified) provide valuable support to the athletic programs in schools, many people see the need to raise the standard of interscholastic coaching through education.

The RIIL contends that the lack of coaching and parent education represents a missed opportunity in terms of the potential positive influence adults may have in facilitating good character development and drug-free lifestyles in our states’ youth.

The whole purpose of the coaching education course is to train and aid coaches in fulfilling the mission and purpose of interscholastic sports.

## The Beginning

Several years ago, a committee of representatives from the RIIL, School Committees, Superintendents, Principals, and Athletic Directors’ Associations met to discuss and to design a solution. After much discussion and reviewing existing coaches education programs, the committee recognized the need for an education program that would provide all coaches with a base knowledge that would serve as a foundation for all coaches.

## Solution

As the recognized national authority on interscholastic activity programs, the National Federation of State High School Associations (NFHS) is uniquely positioned to develop and implement a certification program for youth and interscholastic athletic coaches. The certification program is known as the NFHS Fundamentals of Coaching Course. The vision will include, as well, an ongoing professional development modules for youth and interscholastic coaches. This experience is designed to promote the idea that the interscholastic experience is there to teach lessons for life, and that when the uniform is gone, a coach has truly developed the child through this experience.

## The Rule

Beginning June, 2007 **all** Rhode Island high school coaches **must complete** the RIIL-NFHS sponsored Fundamentals of Coaching Course and the RIIL Rules and Regulations Test. Coaches will have one (1) year from June 2007–August 2008 to complete and pass the course. Coaches hired after July 1, 2008 **must complete** the course within six (6) months of date of hire. Coaches who do not complete and pass the course will not be allowed to coach any RIIL contest.

## How To Take The Course

The RIIL and NFHS Fundamentals of Coaching Course’s initial goal is an entry-level education program, delivered online and is designed to promote the RIIL and NFHS message.

- ⇒ The RIIL will provide a link on our website that will take coaches to [www.nfhslearn.com](http://www.nfhslearn.com). Click on “Register”. Complete registration information.
- ⇒ The entire course including the Fundamentals of Coaching and the RIIL test will take approximately six (6) hours (or less) to complete.
- ⇒ Coaches must complete the course within thirty (30) days after they log-on.
- ⇒ An automatic email will be sent reminding coaches they have one (1) week to complete the course.
- ⇒ The school can go online anytime and check the “Coach Search” to see who has completed the course.
- ⇒ Once the coach completes the course, they will be able to print out their Certificate (color).
- ⇒ Schools can use Purchase Orders if they purchase ten (10) or more courses.
- ⇒ A coach must pay by credit card, much like any other online purchase.

