



Fundamentals of Coaching Track and Field

Available at www.nfhslearn.com

The NFHS Fundamentals of Coaching Track and Field Course include content developed by USA Track and Field. This course includes basic skills for running, jumping and throwing. Olympians Hyleas Fountain and Dan O'Brien host the online course. Hyleas and Dan guide you in developing a coaching philosophy that is appropriate for students. You'll learn how to communicate effectively as a track and field coach with an emphasis on creating a positive learning environment. Regardless of when the coach completes the course they will have up to one year after purchase to review and access all printable resources.



This course fulfills the sport-specific requirement of the NFHS National Coach Certification Program

The screenshot shows the course interface for 'Fundamentals of Coaching TRACK & FIELD'. At the top left is the USA Track & Field logo. Below it is a vertical navigation menu with items: Introduction, Unit 1: Running (highlighted), Objectives, Types of Races, Running Form, Starts, Sprint Phases, Teaching Sprints, Checkpoint, Relay Exchanges, Teaching Relays, Relay Exchange Progressions, Hurdle Elements, Teaching Hurdles, Endurance Strategies, Teaching Endurance, Checkpoint, Special Thanks, Unit 2: Jumping, Unit 3: Throwing, and Conclusion. The main content area features a large image of two runners on a track. To the right of the image is the 'Unit Objectives' section, which lists: Types of Races (Sprint, Endurance), Running Form (Posture, Arm Movement, Leg Movement), and Start and Drive Phase (Block Start, Standing Start). Below the image are three tabs: TRANSCRIPT, RESOURCES, and DRILL VIDEOS. At the top right of the main content area are navigation buttons: PREVIOUS, NEXT, and PAUSE. A 'Continue >' button is located at the bottom right of the main content area. The bottom left corner of the interface features the GILL ATHLETICS logo.

Developed by:

