

The National Federation of State High School Associations



Fundamentals of Coaching

www.nfhslearn.com

Why take Fundamentals of Coaching?

- Learn the mission and purpose of interscholastic athletics
- Learn the role of the interscholastic teacher/coach
- Develop a culture of education-based athletics for you, your school and your community
- Teach and model behavior you expect your students to exhibit

Course Description

- Provides a unique student-centered curriculum for interscholastic coaches
- Contains information on all of the domains and standards presented in the National Standards for Sport Coaches, NASPE, 2006, which is what coaches should know and be able to do
- Supports the academic mission of the NFHS member state associations
- Addresses the needs of the NFHS member state associations as an affordable, accessible and relevant educational experience
- 45 states support Fundamentals of Coaching

Outline of Content

- Unit 1 Educational Athletics and the Role of the Coach
- Unit 2 The Coach as Manager
- Unit 3 The Coach and Interpersonal Skills
- Unit 4 The Coach and Physical Conditioning
- Unit 5 The Coach as Teacher

*Coaches may earn college credit and/or CEUs for all courses at www.nfhslearn.com.