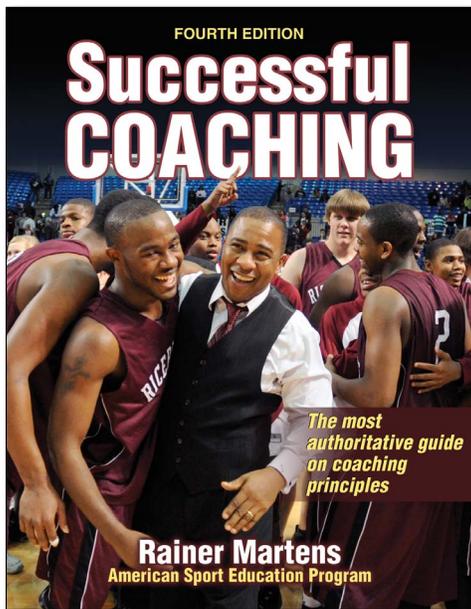


Approved Courses



The two courses include comprehensive texts and useful study guides that provide foundations for learning and serve as valuable references well after coaches complete the courses.

A strong educational foundation for coaches

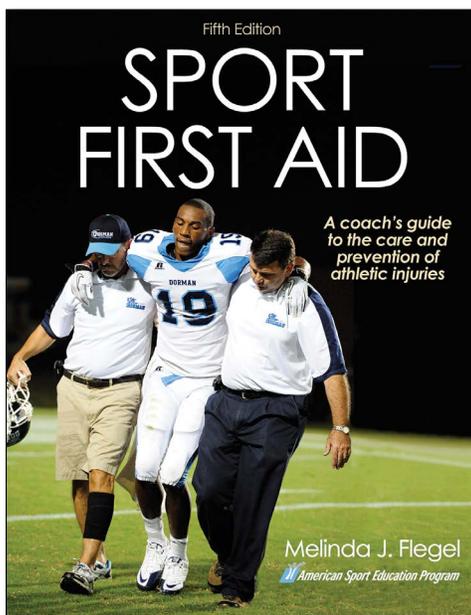
Coaching Principles provides the underpinnings of what it takes to be a successful coach—beyond the Xs and Os. Based on the text *Successful Coaching*, written by Rainer Martens, *Coaching Principles* challenges coaches to:

- define who they are as coaches (their coaching philosophy, objectives, and style), coach for character, and coach diverse athletes;
- understand a coach's responsibilities before, during, and after the sport season;
- enhance communication and motivational skills and manage athletes' behavior;
- become more effective teachers of technical and tactical skills;
- train athletes for energy and muscular fitness, to fuel athletes, and to battle drugs;
- be aware of a coach's legal responsibilities, and ways to minimize risk; and
- manage relationships with diverse groups of athletes, parents, staff, administrators, officials, medical personnel, and the media.

Coaching Principles engages students on critical issues such as preventing bullying and using social media, issues that all coaches must be prepared to address. Similarly, a straightforward discussion of drug abuse among athletes is included in the course, covering performance-enhancing drugs, steroids, prescription drug abuse, methamphetamines, and drug-testing.

The video that accompanies the course depicts real-life scenarios that coaches deal with on a daily basis. It also features roundtable discussions with experienced master coaches who provide practical guidelines and sage advice for new coaches on a variety of topics.

Coaching Principles and the text *Successful Coaching* blend the latest findings and accepted practices in the sport sciences with practical advice from seasoned coaching veterans. *Coaching Principles* helps pave the way for a fulfilling sport experience for coaches and their athletes.



A coach's guide to athlete injury prevention and care

Based on the text *Sport First Aid, Fifth Edition*, the course provides coaches with first-response guidelines for more than 100 sport-related injuries and illnesses.

Sport First Aid covers protocols for

- conducting emergency action steps and providing life support;
- conducting the physical assessment and administering first aid for bleeding, tissue damage, and unstable injuries;
- moving injured athletes; and
- returning athletes to play.

Sport First Aid also includes the latest information and guidelines for

- recognizing and treating concussions from the Centers for Disease Control and Prevention;
- using cardiopulmonary resuscitation (CPR) and automated external defibrillators (AED) from the American Heart Association;
- recognizing and treating heat illnesses from the National Athletic Trainers Association; and
- reducing athletes' risk of injury or illness, such as implementing preseason conditioning programs, creating safe playing environments, planning for weather emergencies, ensuring proper fitting and use of protective equipment, enforcing proper sports skills and safety rules, and developing a medical emergency plan.