



**REQUEST FOR CERTIFICATION OF EQUIVALENCY
ASAA COACH EDUCATION REQUIREMENT**

NAME OF APPLICANT: _____

ADDRESS: _____

EMAIL ADDRESS: _____

PHONE: _____

Please utilize this checklist when preparing your request for certification of equivalency for the ASAA Coach Ed Requirement. Submit this checklist with your application packet to the Alaska School Activities Association office at 4048 Laurel Street, Suite 203, Anchorage AK. 99508.

ALL APPLICATION PACKETS MUST INCLUDE:

- Written request to the ASAA Executive Director for a certification of equivalency for the ASAA Coach Ed Requirement based on prior formal training in the area of coaching.
- Copies of coaches' training certification, including training organization and dates of training.

AND/OR

- Copies of official transcripts from accredited college/university, including dates of enrollment, grad(s) received, and official copies of course content guide(s).

PROVIDE THE FOLLOWING INFORMATION

- I hereby verify that the training I received covered relevant and current coaching issues. To verify equivalent training, at least one written example must be included for each key area of coaching. Examples must be typewritten statements about your current knowledge and practice in each key area listed on this form. Examples can include the following:
- Accredited college/university course content guides describing the course in detail and including transcripts with grade(s) received.
- Detailed descriptions of certification workshops, information covered, hours of instruction, educational materials used, and how you have utilized this information to improve your coaching practices.
- Detailed description and examples of course material covered in workshops, courses, clinics, or other nationally recognized educational programs.

- Copies of verification of attendance in training programs, including program, learning objectives, how the objectives were met, and how you currently use the information to improve your coaching practices.

I have attached examples that verify my competency and knowledge in the following key areas of coaching:

- **Coaching Philosophy**, including the identification of coaching objectives, goals, values, and appropriate coaching qualities and style. (Attach examples.)
- **Sport Psychology**, including evaluating and developing appropriate coaching communication skills, principles of reinforcement, mental skills, and understanding motivation. (Attach examples.)
- **Sport Teaching**, including teaching and developing progressive technical skills and tactical awareness, planning practice sessions, evaluating performance, and understanding how athletes learn. (Attach an example by providing a lesson plan demonstrating your knowledge of these elements.)
- **Sport Physiology**, including principles of training, physical energy systems, training schedules, physical conditioning, rest and recovery, nutrition, and hydration for athletes. (Attach examples.)
- **Sport Management**, including team management, program management, safety procedures, risk management, and self-management techniques. (Attach examples.)
- **Sport First Aid**, including your role as a coach in the development of injury prevention, emergency steps, and an emergency action plan. (Attach examples.)
- **Basic Sport First Aid Skill**, including basic anatomy/sport injury terminology, injury evaluation, first aid basics, and moving an injured athlete. (Attach a current First Aid certification.)
- **Sport First Aid for Specific Injuries**, including respiratory and circulatory emergencies, head and spine injuries, internal organ injuries, sudden illness, temperature-related problems, musculoskeletal injuries, soft-tissue injuries, and skin problems. (Attach examples.)

If your request for certification of equivalency of the ASAA Coach Education Requirement is approved, you will be notified by mail or email. At that time, you will be required to complete the ASAA component of this requirement. Information for completing the ASAA component will be sent with notification of approval.