



# NFHS Fundamentals of Coaching

## www.nfhslearn.com

“I get the training I need on my own time.”

— Bev Arnold, Assistant Director of Athletics,  
Former Soccer and Swimming Coach,  
Jay County High School, Indiana

### Course Description

- Provides a unique student-centered curriculum for interscholastic coaches
- 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
- 41 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

### Earn College Credit/CEUs

- The NFHS is pleased to offer college credit and/or CEUs for those coaches who have completed courses

### How to get started

- Visit [www.nfhslearn.com](http://www.nfhslearn.com)



Endorsed by:



NATIONAL ASSOCIATION  
of SECONDARY SCHOOL  
**PRINCIPALS**  
*promoting excellence in middle and high school leadership*



# New Courses Available

## www.nfhslearn.com

### Fundamentals of Coaching Soccer and Fundamentals of Coaching Wrestling

- Provide essential coaching techniques and methods for interscholastic teacher/coaches.
- Fundamentals of Coaching Soccer is now available and Fundamentals of Coaching Wrestling will be available later this year.

### Engaging Effectively with Parents

- Provides teacher/coaches with information and strategies to enhance their relationships with the parent

### 2009 Schedule

- Fundamentals of Coaching Football: February
- Fundamentals of Coaching Volleyball: Summer
- Teaching Sport Skills: Spring
- Role of the Coach in Sportsmanship: Summer
- Certification Program: Fall

### NFHS First Aid For Coaches

#### COURSE DESCRIPTION

- Designed to help coaches, athletic trainers and other participants identify and eliminate potentially hazardous conditions in various sports environments, as well as recognize emergencies and make appropriate decisions for first-aid care. Meets first-aid requirements mandated for coaches and athletic trainers.
- Certified by the American Red Cross.

