

FREE NFHS ONLINE COURSES FOR COACHES, PARENTS, AND STUDENT-ATHLETES

The National Federation of State High School Associations (NFHS) has an extensive list of coaching courses that have been approved by the Board of Educational Examiners for coaching authorization renewal. To see the list of courses click on this link - <http://www.iahsaa.org/coaches/coaches.html> and scroll down to NFHS On-Line Courses. All of the NFHS courses could benefit interscholastic coaches and student-athletes.

Two of the courses could be a matter of life and death for student-athletes.

These courses are free and can be viewed individually or in a group setting such as an in-service, student-athlete and/or parent meeting. If a coach wants to use a course for coaching authorization renewal, they need to be the individual to login and complete/print the certificate of completion.

IMPORTANT COURSES THAT COULD BE A MATTER OF LIFE OR DEATH!

The following is information on the two NFHS courses that could mean life or death for student-athletes.

The first NFHS course is titled, **“A Guide to Heat Acclimatization and Heat Illness Prevention.”** (*Coaching authorization renewal course!*) Given the extremely hot summer to date, and the anticipation of the heat continuing into fall sports, this is a **“MUST SEE” COURSE** for all school personnel involved with interscholastic athletics, especially those participating in football. **THIS COURSE COULD SAVE A LIFE SO ALL SCHOOLS ARE URGED TO HAVE COACHES AND OTHER APPROPRIATE PEOPLE VIEW THE COURSE PRIOR TO THE START OF THE UP-COMING SEASON!**

Heat related deaths continue to be the number one preventable cause of death in athletics across the country. Sadly, the number of deaths has not changed since data collection began in the 1950s. Especially vulnerable are football players due to the equipment they wear and the fact that certain positions require student athletes to be physically large. These same student-athletes traditionally are required to do extra physical work to get them into shape. Football deaths due to heat exertion generally occur in the first few of days of practice and often involve larger student-athletes.

The course is about 20 minutes long and is very clear and concise. To access this **free course** click on the link below, register, and follow the instructions to access the course. Registration allows the NFHS to track who is viewing the courses.

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=34000>

The second NFHS course is titled, **“CONCUSSIONS IN SPORTS – WHAT YOU NEED TO KNOW”!** (*Coaching authorization renewal course!*) It is about sports-related concussion and was launched in the summer of 2011. Sports-related concussions in high school sports can be serious and life-threatening situations if not managed correctly. The National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course is designed to help the viewer understand the impact sports-related concussion can have on students, how to recognize a suspected concussion, the proper protocols to manage a suspected concussion, and steps to help students return to play safely after experiencing a concussion.

This course is also about 20 minutes long. To access this **free course** click on the link below, register, and follow the instructions to access the course.

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

HELPING COACHES UNDERSTAND APPROPRIATE STUDENT RELATIONSHIPS, HAZING & BULLYING

“Creating A Safe and Respectful Environment” (*Coaching authorization renewal course!*) addresses the serious issues of inappropriate relationships and behaviors, hazing, and bullying, including cyberbullying. This course will get a coach’s attention and reinforce that coaches are held responsible for inappropriate actions and for not taking appropriate steps when these situations occur.

This course is also about 20 minutes long. This NFHS course is free for one year and a fee will be charged for the course beginning August 2013. To access this **free course** click on the link below, register, and follow the instructions to access the course.

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=28000>

HELPING PARENTS UNDERSTAND THEIR ROLE IN SCHOOL SPORTS

“The Role of Parents in Sports” provides information and resources to help educate parents about the importance of proper behavior in school sports and the role they must play to ensure their child has a positive sport experience. The course emphasizes that as a parent of a student who participates in athletics, they make a huge difference in the quality of their child's sport experience, as well as what is being taught and learned by their child.

This course is also about 20 minutes long and would be excellent for a parent meeting. To access this **free course** click on the link below, register, and follow the instructions to access the course.

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=18000>

SPORTSMANSHIP – WE ALL PLAY A ROLE!

The NFHS course titled, **“Sportsmanship”** discusses what good sportsmanship is and what it is not! It also provides examples of each. It establishes expectations for coaches, participants, officials, parents and other spectators.

This course is also about 20 minutes long and would be excellent for a parent meeting. To access this **free course** click on the link below, register, and follow the instructions to access the course.

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=22000>

COURSE OUTLINES

[A Guide to Heat Acclimatization and Heat Illness outline](#)

[Concussions in Sport: What You Need to Know outline](#)

[Creating a Safe and Respectful Environment outline](#)

[The Role of Parents in Sport outline](#)

[Sportsmanship outline](#)