



# IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

Serving Idaho's Youth Since 1926

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## IHSAA Coach Education

The Idaho High School Activities Association is committed to the promotion of coaches' education programs as well as providing resources toward continuing education for all of Idaho's coaches.

### ✓ **Requirements for Idaho Coaches**

- Certified Teacher or Completed NFHS Fundamentals of Coaching or ASEP Coaching Principles
- CPR/1<sup>st</sup> Aid Certification
- St. Luke's Concussion Course (even numbered years)
- NFHS Sudden Cardiac Arrest Course (even numbered years)
- NFHS Student Mental Health and Suicide Prevention (even numbered years)

### ✓ **NFHS/IHSAA Educational Recommendations for Interscholastic Coaches**

- Complete the NFHS Fundamentals of Coaching course (prior to coaching)
- Complete necessary courses to become and NFHS Accredited Interscholastic Coach (AIC) within the first year of coaching
- Maintain current certification in CPR, AED and 1<sup>st</sup> Aid Safety
- Complete online courses or professional development specific to the sport in which they are an interscholastic coach
- Know the playing rules of their sport(s) and understand state association rules and policies governing their sport
- Encourage the participation of team building activities and community service projects with your team
- Pursue NFHS Certified Interscholastic Coach (CIC) credential within one year of becoming and AIC
- Read, understand and agree to the national and state Coaches Code of Ethics

## NFHS Learning Center Coaches Education Courses

### **SPORT/ACTIVITY SPECIFIC COURSES**

Coaching Baseball  
Introduction to Pitch Smart – **FREE**  
Coaching Basketball  
Coaching Cheer & Dance  
Spirit Safety Certification  
Coaching Football  
Blocking, Shoulder Tackling & Equipment Fitting  
Coaching Golf  
Coaching Soccer  
Coaching Softball  
Coaching Swimming  
Coaching Tennis  
Coaching Track & Field  
Coaching Pole Vault – **FREE**  
Coaching Volleyball  
Coaching Wrestling  
Coaching Unified Sports – **FREE**  
Adjudicating Speech & Debate – **FREE**  
Introduction to Music – **FREE**  
Introduction to Music Adjudication – **FREE**

### **ISSUES IN ACTIVITIES/SCHOOLS COURSES**

Fundamentals of Coaching  
Engaging Effectively With Parents - **FREE**  
Appearance & Performance Enhancing Drugs – **FREE**  
Bullying, Hazing and Inappropriate Behaviors – **FREE**  
NCAA Eligibility – **FREE**  
Mental Training for Performance  
Positive Sport Parenting – **FREE**  
Social Media – **FREE**  
Sportsmanship – **FREE**  
Sports Nutrition – **FREE**  
Strength & Conditioning  
Teaching and Modeling Behavior  
Teaching Sports Skills  
Captains Course – **FREE**  
Supervising After School Activities – **FREE**  
Interscholastic Music Event Management - **FREE**  
Understanding Copyright & Compliance – **FREE**  
Understanding Vaping & E-Cigarettes – **FREE**  
Protecting Students from Abuse – **FREE**

### **STUDENT COURSES - FREE**

Concussion for Students  
Hazing Prevention for Students  
Learning Pro:  
Homework Helper  
Reading & Learning Strategies  
Research Skills  
Test Taking Tips  
Social Media for Students

### **SAFETY COURSES**

Sudden Cardiac Arrest – **FREE**  
Heat Illness Prevention – **FREE**  
First Aid, Health and Safety  
Concussion in Sports – **FREE**  
Protecting Students From Abuse – **FREE**  
ACL Prevention – **FREE**  
Band Safety – **FREE**  
Afterschool Safety



### For more information on IHSAA and NFHS coaches education

- Idaho Coaches Education – [www.idhsaa.org](http://www.idhsaa.org)
- NFHS Learning Center – [www.nfhslearn.com](http://www.nfhslearn.com)
- Follow Idaho Coaches on Twitter      @IHSAAcoach