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Concussion in Sports

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion. Each state's requirements for concussion management are included as part of the course.



CPR and AED Training

While interscholastic activities promote health, competition, and teamwork, the potential for medical emergency is always present. The NFHS, in partnership with the Vanderbilt Youth Sports Health Center, has developed this CPR and AED course to help school programs be more prepared for these emergencies.

This course will highlight the Importance of creating, implementing, and maintaining an emergency action plan, along with the ways in which you can identify a sudden cardiac arrest emergency. This course includes demonstrations of what to do when someone collapses – calling 911 and managing the area, properly performing CPR, and how to appropriately use an AED. You will learn practice techniques that you can use to build your confidence before an emergency occurs.

Implicit Bias

Implicit biases are the automatic reactions we have toward other people based on our past learning and expectations. Studies show that Implicit Bias affects the experiences of students in school athletic and activity programs. The NFHS has partnered with Project Implicit to bring you this course, Implicit Bias. Studies support that there is a relationship between implicit bias and real-world behavior, which highlights the importance of being aware of and managing your bias. This course defines and illustrates examples of Implicit Bias and provides research on how it impacts our society.





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Sportsmanship

Sportsmanship is the foundation for interscholastic sports and activities. In this course, you will learn the definition of sportsmanship and highlights of what good sportsmanship looks and sounds like. Appropriate conduct and behavior will also be discussed, as it is at the core of creating and providing a positive interscholastic experience. Coaches, officials, parents, and fans all have a role in creating a positive environment for young people and understanding those roles is critically important.

Do your part in contributing to good sportsmanship in your school and community and take the course "Sportsmanship", available for free on the NFHS Learning Center.



Title IX

Over 3.4 million girls participate in High School Athletics every year. This participation is fueled by the flagship legislation for girls' participation, Title IX. The NFHS has developed this Title IX course to help interscholastic professionals know the history and impact of Title IX and understand the responsibilities of a school and staff pertaining to girls athletic programs. This course discusses the standards at which Title IX compliance is evaluated and breaks down the factors involved in supporting girls programs.



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Interscholastic Officiating

In the NFHS Interscholastic Officiating course, we will cover the introductory skills and concepts you have used or will need to learn as an official. We'll cover officiating basics, the Science behind good Officiating, the art of officiating, and how you can combine these skills into a satisfying vocation. We hope the content we provide gives you a solid base knowledge of what to expect and how to improve yourself as an official.



Officiating Basketball

Officiating Basketball is designed to assist individuals in becoming a better official and improving the experience for you and the student athletes. The course covers fouls against the ball handler, screening, post play, block/charge, intentional fouls, technical fouls, and a general overview of characteristics that help to make a person a better official. Officiating Basketball provides insight into the mechanics of making a correct call and shows examples of high school games to illustrate when calls should be made.

Officiating Basketball: Crew of Three

Though a relatively uncomplicated game to play, basketball can be very challenging to officiate. The NFHS proudly brings you Officiating Basketball - Crew of Three, to help you better understand the intricacies of refereeing the sport and strategies behind making every call and decision on the court. This course will help you develop a better sense of positioning at all times including pre-game, during free-throws and that exciting last second shot. It will guide you through important terminology and outline tactics designed to help you work as a cohesive unit of three. If you officiate interscholastic basketball then you need to take the course: Officiating Basketball - Crew of Three.

Officiating Basketball: Pre-Game

In basketball a team works together to build camaraderie, to play in sync and work as one. The same must be true for the officials. A crew is only as good as their ability to work in concert, confidently and as a team. This is why the NFHS has developed the course, Pre-Game Conference for Basketball Officials. Of the many tools and resources available to you as an official, the Pre-Game Conference may be among the most valuable. There may be no better way to prepare your crew for the known and unknown situations that take place on and around the court. Learn how to communicate expectations, create synergy and become the best crew you can be. Take the course, Pre-Game Conference for Basketball Officials, available at the NFHS Learning Center.



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Officiating Field Hockey

High School Field Hockey is a fast-paced game with unique and exacting rules. It's played on a field that is 60 yards wide by 100 yards long and is officiated by only two umpires. For these and other important reasons, the NFHS has developed the course, *Officiating Field Hockey*. As a companion to the NFHS Field Hockey Rules book and your State Association's guidance and support materials, this course introduces you to, describes and explains the basics you'll need as a new field hockey official. You'll learn the necessities for every umpire including equipment and uniforms. You will study the necessary signals to be called and strategies for positioning during the games. And you'll focus on what it takes to keep players safe and injury-free.

Officiating Football

Officiating Football has been developed for new game officials as well as experienced high school game officials. The course explains principles and practice of good football officiating, through rules knowledge and professionalism. The course discusses risk minimization and its potential impact on injuries. It teaches legal blocking and legal catches, and shows how to identify both.

Officiating Soccer: Fouls and Misconduct

Officiating Soccer: Fouls and Misconduct has been created to help soccer officials identify different forms of rules violations in order to make games safe and fair. It describes various forms of fouls, such as tripping, holding, and obstruction and how to spot them during a game. This course gives guidance on how to deal with disciplinary issues and other forms of unsporting contact and provides examples of situations to call fouls and show cards.

Officiating Soccer: Offside Rule

The offside rule in soccer is a simple rule however one of the sports most difficult to interpret. To help soccer officials better understand and interpret offside the NFHS is proud to bring you *Officiating Soccer: The Offside Rule*.

This course has been designed to examine the offside rule and provide valuable information, strategies and examples to officials on how to best interpret the rule.



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Officiating Soccer: Pre-Game Conference for Officials

The game of soccer is fast-paced, almost non-stop and played on a very large field. To be successful the officials must be observant, working in concert and as prepared as possible. That's why the NFHS has developed the course Pre-game Conference for Soccer Officials. Here you'll learn the importance of communicating in advance, how to conduct a pre-game conference, procedures for field inspections and more. Take the steps needed to make yourself and your officiating team the best possible. Take the course, Pre-Game Conference for Soccer Officials, right here at the NFHS Learning Center.

Officiating Swimming and Diving

The Officiating Swimming and Diving course was developed by the NFHS in conjunction with the National Interscholastic Swim Coaches Association (NISCA) and USA Diving. This course explores the elements of professional development and the fundamentals of officiating strokes and turns. The course also explores officiating and judging diving, and provides a judging practicum that includes feedback of submitted scores. Officials may select either the swimming tract, the diving tract, or both depending on rules required by their state association.

Officiating Track and Field

With the great variety of events and athletes competing in them, track and field meets can be extremely exciting and entertaining. However, the scope of these meets can also make them a great challenge to administer and officiate. For these and other reasons the NFHS has developed Officiating Track and Field, an online interactive course for officials and those who work with them. Here you'll learn about the different responsibilities of track and field officials, many of the important rules and recommendations to keep the event running smoothly and guidelines you can follow to help keep the coaches, spectators and competing athletes as safe as possible.

Whether you officiate small meets or large championship events you need to take the online course, Officiating Track and Field, available on the NFHS Learning Center.

Officiating Volleyball: Alignment

No description available.



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Officiating Volleyball: Ball Handling

Officiating Volleyball: Ball Handling gives an overview of tips and techniques that officials need to make correct ball handling calls. Video examples of various contacts by each position are provided to assist officials in visually identifying ball handling faults. This course teaches and shows the difference between legal and illegal contacts, helping officials be more consistent in their ball handling calls.

Officiating Wrestling

Officiating Wrestling is available now on NFHSLearn.com. The sport of wrestling goes back tens of thousands of years, but the value of the sport today depends greatly on interpretation, so a referee's judgment must be based on proper knowledge of the rules and their implementation. This important course is designed to help you, as a wrestling official, understand the rules and their application. Your ability to properly apply these rules will create confidence in yourself and those who rely on your to officiate this sport.

Umpiring Softball

Umpiring Softball has been designed to help you understand and properly administer specific rules of the game. You will also learn about appropriate signals, managing game situations and being a respected and professional umpire. The course covers the many types of obstruction and interference and how to address them as an umpire.