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Courses - Student Athletes

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Appearance and Performance Enhancing Drugs and Substances

The use of Appearance and Performance Enhancing Drugs and Substances, or APEDS, affects every school. To help the interscholastic community address this issue, the NFHS has created this APEDS course. The course explains what APEDS are, what forms they take, and what their effects can be on students. It highlights the reasons why students use APEDS in and out of athletics and gives guidance and resources for detecting and preventing the use of APEDS. No matter what your relationship is to high school activities, this information will be beneficial to you.

Bullying, Hazing and Inappropriate Behaviors

Protecting students doesn't happen just on the court or on the field. More and more, news media and criminal investigations are documenting examples of inappropriate relationships, sexual harassment, hazing, and bullying. In a fast-growing world of electronic and social media, these issues are becoming more prevalent and, in some cases, more severe. That is why the National Federation of State High School Associations has developed the course Bullying, Hazing, and Inappropriate Behaviors. This course takes a hard look at these difficult issues and provides recommendations and procedures that coaches should follow to protect their students, their program, and themselves.



Communicable Skin Infections

Nothing is more important than the health and safety of the students that participate in interscholastic athletics. A common issue that occurs during participation is the presence of communicable skin infections. That is why the National Federation of State High School Associations has developed the course, Communicable Skin Infections. This course has been designed to help coaches, parents, and students know what communicable skin infections are, be able to identify the various types of them, understand ways to evaluate and treat an infection if it occurs, and know how to prevent future occurrences from taking place. So take the course, Communicable Skin Infections, available for FREE on the NFHS Learning Center.

Concussion for Students

Concussion for Students, developed in Partnership with the Barrow Neurological Institute, has been designed specifically for students to inform them on how to identify, react to, and prevent concussions. This free course is presented as a social media conversation, showing how four different students learn about concussion in different ways. It includes high school students and medical professionals discussing concussion. The key goal is for students to be able to identify signs and symptoms of a concussion so that they can get immediate help before any further injury can occur.





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Hazing Prevention for Students

Every year, students across the country are affected by incidents of hazing. Together we can end the useless, counterproductive, and often dangerous practice of hazing. This hazing course has been designed to teach students how to identify hazing, when to step in when needed, and why they should notify the proper authorities. This course defines hazing and its many types, highlights why it is different from bullying, and explains your power as a bystander and how you can change the culture of how you welcome new members. To learn more about hazing and the role you can play, take this free course.

Heat Illness Prevention

Exertional Heat Stroke is the leading cause of preventable death in high school athletics. To help you minimize the risk of heat illness at your school, this course has been designed to provide the fundamentals of a strong heat acclimatization plan and guidelines for limiting activities to account for changing environmental conditions and other contributing risk factors. It highlights the importance of an appropriate hydration plan and establishing an Emergency Action Plan in case of a suspected exertional heat stroke.



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.

Introduction to Pitch Smart

Hosted by Hall of Famer, John Smoltz, the Introduction to Pitch Smart course aims to explain the principles behind Pitch Smart, a joint arm care initiative between Major League Baseball and USA Baseball. This course includes topics such as risks of arm injuries, common misconceptions, and the Pitch Smart guidelines.

NCAA Initial Eligibility

This course is designed to educate high school coaches, administrators, and parents about the NCAA's initial-eligibility requirements. After completing the course, you will be more knowledgeable and prepared to advise your student-athletes about the NCAA initial-eligibility standards, as well as the steps student-athletes need to complete in order to compete in NCAA Divisions I and II athletics.



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Name, Image and Likeness

The National Federation of State High School Associations has partnered with Advance to bring you this course on Name, Image and Likeness. This course has been designed to define NIL, provide examples of how it can be leveraged by high school students, identify misconceptions that various stakeholders have about NIL, and highlight aspects that students and families should consider when interested in pursuing NIL opportunities. This course will explain how leveraging NIL does not include students being paid to play their sport, but instead using their own identity to create a brand and business for themselves.



Social Media for Students

Social Media for Students has been designed to give students the information that they need to develop responsible social media habits. This course illustrates the long-term consequences that irresponsible social media usage can have on a student's educational, athletic, and professional careers. It shows students ways in which they can use social media to promote their team, school, community, and their own personal brand. Social media has turned every user into a mass communicator. Learning how to skillfully and safely utilize it now, will greatly help you as you continue to use social media in the future.

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.

Sports Nutrition

Proper nutrition is key to optimizing health and athletic performance. This course presents guidelines for the diet needed to be ready for athletic practice and competition, and how to refuel afterwards. It gives tips on how you can influence your students' eating habits outside of the school environment. Specific examples are provided for what types of foods students should and should not eat to replenish their bodies between activities.





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Student Leadership: Becoming a Leader

Learning to be an effective leader is one of the most important skills that students can learn in high school activities. To help students learn leadership skills, the NFHS has partnered with the Michigan High School Athletic Association to bring you this course in our Student Leadership series: BECOMING A LEADER

This course will help you build the foundation to be an effective leader! This course will focus on what it means to be a leader, actions you can take to become a leader, and how to model that leadership. You will learn from the practical thoughts, advice, and experiences of other student athletes from around the country.

Student Leadership: Leading Others

Learning to be an effective leader is one of the most important skills that students can learn in high school activities. To help students learn leadership skills, the NFHS has partnered with the Michigan High School Athletic Association to bring you this second course in our Student Leadership series: LEADING OTHERS.

This course will help you put your leadership skills into action! We will define the four leadership roles and share a range of key leadership skills for you to use in different situations. This course will compare and contrast effective and ineffective leadership strategies and challenge you to evaluate how you will navigate conflict situations as a leader. You will learn from the practical thoughts, advice, and experiences of other student athletes from around the country.

Student Mental Health and Suicide Prevention

It's widely known that stress, anxiety and depression create challenges for both society and individuals, including interscholastic students. And severe conditions can lead to the worst outcomes, such as suicide. The NFHS is proud to bring you this course on Student Mental Health and Suicide Prevention in response to this reality. With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources. For students, their peers and anyone responsible for their care and well-being, take the course Student Mental Health and Suicide Prevention.



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Sudden Cardiac Arrest

Sudden Cardiac Arrest is the number one cause of death in the United States for student-athletes during exercise. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood. This is why the National Federation of State High School Associations, in partnership with Simon's Heart, has developed the course Sudden Cardiac Arrest. This course will help you learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest. Also included are guidelines for what to do in the critical moments after an individual suddenly collapses in order to save their life, such as calling 9-1-1, starting chest compressions and sending for an AED. So take the free course, Sudden Cardiac Arrest, available on the NFHS Learning Center.

The Student Experience

More than 12 million high school students in America participate in school activities with some taking advantage of multiple opportunities such as playing a sport, singing in the choir or performing in the school musical. The NFHS has developed the course because while taking part in activities should be fun, we recognize that participating can lead to so much more. There are inherent learning opportunities from taking part in activities. Doing so can lead to greater academic achievement, an enhanced connection to community and a better understanding of those with whom we share these experiences.



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.

Understanding Vaping and E-Cigarettes

Vaping is the act of inhaling an aerosol created by an e-cigarette or similar device. The term "vaping" misleads the user into thinking they are inhaling a vapor and something potentially safe or at least harmless. This is just one reason why the NFHS, with support from the Office of the U.S. Surgeon General, has created Understanding Vaping and E-cigarettes. This course helps dispel such misconceptions and highlights specific risks such as nicotine addiction for youth who try vaping and e-cigarettes.