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Administering Interscholastic Unified Sports

Unified Sports is an inclusive sports program that unites Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates for training and competition.



To better understand how to implement a Unified Sports program at the interscholastic level, the National Federation of State High School Associations, in partnership with Special Olympics, has created the course Administering Interscholastic Unified Sports.

This course is designed to assist and guide administrators in implementing a Unified Sports program by learning about various guidelines, strategies, components, and scenarios related to the program.

ACL Injury Prevention

Every season, ACL injuries take thousands of students out of the game. To help you reduce the risk of ACL injuries for your student-athletes, the NFHS has partnered with the Hospital for Special Surgery to bring you this course.



This course is designed to teach you about the causes of ACL injury, how to identify and correct movement deficiencies that can lead to ACL injuries, and how to effectively lead a Neurodynamic Warm-Up before practices and games.

Afterschool Security

Creating a safe school environment for afterschool activities is everyone's responsibility. Events and news stories across the country have helped to heighten concerns among educators and parents about school safety. This important course presents practical strategies for developing and implementing a school safety team and an afterschool activities supervision plan.

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.



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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.

Coaching Mental Wellness

It's widely known that stress, anxiety, and depression create challenges for both society and individuals, including interscholastic students. Coaches serve a crucial role, acting as a liaison to get students dealing with mental health issues the proper help they need. That is why the NFHS is proud to bring you the course, Coaching Mental Wellness, in response to this reality. With a focus on creating a framework to improve BOTH physical and mental wellness, this course also highlights various signs, symptoms, and strategies to deal with mental health issues in a POSITIVE manner.



Coaching Student Leadership

Learning to be an effective leader is one of the most important skills that students can gain through high school activities. Coaches play a critical role in supporting their leadership development. To help coaches develop leadership skills in their student-athletes, the NFHS has partnered with the Michigan High School Athletic Association to bring you this course in our Student Leadership. This course guides you through the content in our two student leadership courses in this series: 1. Becoming a Leader, and 2. Leading Others, and gives perspective to how a coach plays a role in leadership development. For coaches and students to get the most out of this Student Leadership series, we encourage students and coaches to take these courses at the same time. Coaches cannot just give a student the captain's title and hope they turn into a good leader. This course is designed to help coaches learn how to intentionally develop effective leaders. Specifically, this course will help coaches: Focus on building strong coach-athlete relationships to fuel leadership development Explore and evaluate the various leadership roles that can be facilitated on teams And guide the use of strategies for students to apply leadership skills and enhance their leadership awareness and confidence. Coaches will learn from the practical thoughts, advice, and experiences of student-athletes from around the country to help them establish a plan for helping students GROW as leaders.



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Collecting Statistics: Baseball and Softball

Keeping accurate and precise statistics during a high school baseball or softball game is a very important responsibility, as it helps coaches and officials verify important information during and after the game has concluded. In this course, you will learn important baseball and softball statistic terminology and what to look for during in-game situations and scenarios to keep and record accurate data using a stat worksheet.

Collecting Statistics: Basketball

Keeping accurate and precise statistics during a high school volleyball game is a very important responsibility, as it helps coaches and officials verify important information during and after the game has concluded. In this course, you will learn important basketball statistic terminology and will learn what to look for during in-game situations and scenarios to keep and record accurate statistics.

Collecting Statistics: Football

Keeping accurate and precise statistics during a high school football game is a very important responsibility, as it helps coaches and officials verify important information during and after the game has concluded. In this course, you will learn important football statistic terminology and will learn what to look for during in-game situations and scenarios to keep and record accurate statistics.

Collecting Statistics: Soccer

Keeping accurate and precise statistics during a high school soccer game is a very important responsibility, as it helps coaches and officials verify important information during and after the game has concluded. In this course, you will learn important soccer statistic terminology and what to look for during in-game situations and scenarios to keep and record accurate data using a stat worksheet.

Collecting Statistics: Volleyball

Keeping accurate and precise statistics during a high school volleyball game is a very important responsibility, as it helps coaches and officials verify important information during and after the game has concluded. In this course, you will learn important volleyball statistic terminology and will learn what to look for during in-game situations and scenarios to keep and record accurate statistics.



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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.

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.

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.



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Developing Youth Through Sport

There is power within sport. Sport has the ability to transform people and communities and change lives.

That is why the National Federation of State High School Associations, in partnership with the University of Washington's Center for Leadership in Athletics, has created the course, Developing Youth Through Sport.

In this course, you will learn about how coaches can help the students on their team build their skills through sport, foster physical and emotional safety, create an environment for learning, and model positive behavior for their team.

Engaging Effectively With Parents

Engaging Effectively with Parents, provides a unique student-centered curriculum and presents essential techniques and methods for coaches to effectively communicate and interact with students, parents and guardians. This course features specific guidance for speaking, listening, and implementing a communication system, and provides strategies for dealing with problematic parents and guardians. The course provides many printable resources coaches can use in their programs.



Fundamentals of Coaching

This NFHS Fundamentals of Coaching course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation's schools. Please check with your state association to see if this course complies with your state requirements. Upon purchase, an individual will have access to the course for one year.





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First Aid, Health and Safety

There may be no more critical element in the ability of interscholastic students to participate in activities than their health and safety. This is why the NFHS has partnered with the American Red Cross to bring you First Aid, Health and Safety. This online course is designed as an overview of first aid, including best practices for many situations requiring medical attention. The skills taught in this course do not replace the expertise of a medical professional but they do offer guidelines and techniques for temporary assistance until medical experts arrive on the scene. And because accidents or injuries can happen anywhere, not all of the knowledge and skills you will learn in this course are strictly for athletic injuries. They may also be used to aid officials, fellow coaches, and spectators who become injured or fall ill.



Football Tackling

Football is a physical game. Proper tackling skills and technique can help minimize the risk associated with the sport.

The NFHS has developed this free course, Football Tackling, with support from national football experts, including high school football coaches and administrators.



The videos and other resources in this course will help you teach, evaluate and program tackling for your team. You will be introduced to common types of tackles, the fundamentals that help create a more effective and safer tackle, and the basics of equipment fitting. You will discover methods for programming and managing the learning process and important issues of contact load will be addressed, including intensity and impact during drills.

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.



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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 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.

Mental Training for Performance

An introduction to fundamental mental skills techniques developed by United States Olympic Committee (USOC) sport psychologists. Learn how to sharpen your athletes' mental game to impact performance and gain a competitive edge.

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.



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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.

PA Announcing

Public address announcers serve a crucial role in administering athletic contests. This course is designed to provide you the best practices of announcing at high school events by explaining the expectations of school administration, appropriate behavior before and during a competition, and the specific times during an event where you should be active. Multiple audio examples of P.A. announcers are provided to help illustrate what to do and what not to do while announcing.

Play-by-Play Announcing

Play-by-play announcing is a key aspect when broadcasting a live game, providing vital insight to the moment-by-moment action of the sport, as well as developing stories behind-the-scenes. That is why the NFHS has created the course Play-by-Play Announcing. This course demonstrates how to professionally prepare for a game as a play-by-play announcer, how to successfully work with an analyst or reporter, how to use proper tone and inflection, and the important aspects of play-by-play announcing during a live broadcast. So, take the course Play-by-Play Announcing, available for free on the NFHS Learning Center.

Positive Parenting within School Programs

Parents play an influential role in the lives of their children, including the part they play when their children participate in interscholastic sports and activities. This is why the National Federation of State High School Associations has created the course Positive Parenting within School Programs. Parents need to understand that their behavior in the stands, how they talk to their student after a practice or game, and the way they interact with the coaches and officials, makes all the difference in the enjoyment of their children's experience. Learn how you, as a parent, can have a positive impact on your child and help create a memorable experience for everyone. Take the course, Positive Parenting within School Programs, available for free on the NFHS Learning Center.



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Protecting Students from Abuse

Abusive behaviors and misconduct do not belong within athletic and activity programs. To assist in creating an enjoyable and safe environment for students, the U.S. Center for SafeSport, in collaboration with the NFHS, has developed "Protecting Students from Abuse." The course presents definitions of several types of abusive behaviors and misconduct, the signs and symptoms of abuse, and the ways in which someone can report these behaviors. The course also includes some DOs and DON'Ts for making a report.

Social Media

Through the use of social media, everyone now has the ability to be a mass communicator. This has greatly impacted the sports industry, including high school sports and activities. This course is designed to assist you in setting clear boundaries and guidelines for your students' responsible social media usage. It will help you in turning social media into a positive experience for both you and your students by framing social media as a tool that you can use to promote your program and your personal brand. Taking this course will help you stop fighting social media, and instead use it to positively impact your students and your organization.

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.



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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.

Strength and Conditioning

Strength and Conditioning, developed by the National Strength and Conditioning Association in partnership with the NFHS, is designed for any individual who has responsibility for weight room supervision and conditioning programs. The course presents the principles of conditioning and includes in-depth explanations of best practices and more than 80 videos demonstrating proper techniques.



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.



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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.

Sudden Cardiac Arrest

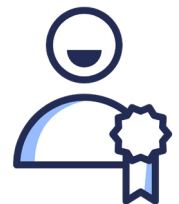
Sudden Cardiac Arrest is the number one cause of death in the United States for student-athletes during exercise. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood. This is why the National 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.



Teaching and Modeling Behavior

Teaching and modeling appropriate behavior is key in developing a positive environment for you and your students.

To help you serve as a role model to your students, fans, parents and community, the NFHS has developed Teaching and Modeling Behavior. This online course helps you to learn ways to teach and demonstrate appropriate behavior, as well as the value of sportsmanship. It gives you tips for how to deal with certain situations you will face before, during, and even after the season ends.



Throughout the course, there will be several examples that will test your students' reactions to certain situations, as well as serving as a guide for you, as a coach, to be proactive when confronting inappropriate behaviors.



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Teaching Sports Skills

Teaching Sports Skills, based on the National Standards for Sport Coaches, provides the teacher/coach with information needed for successful teaching methods. Successful coaching and successful teaching share many characteristics in their approaches and results. This course provides education for those individuals who have not had training in how to teach sports skills.



The Collapsed Student

High school coaches know the importance of preparation. You spend hours developing practice and game plans. You work tirelessly to perfect performance all in an effort to help your students excel in their sport or activity and in life.

Every year high school students endure serious injuries and suffer life-threatening medical emergencies while participating in sports and activities. The causes are many and varied. Some may result from known medical conditions, while others may be a consequence of the activity, environmental conditions, or an unrecognized medical condition.

The bottom line, when you witness the collapse of an athlete, you may be responsible for their immediate and appropriate care. But what do you do? Who do you call? Where do you start?

This course will teach you the importance of developing Emergency Action Plans and practicing them, including assigning responsibilities to team members. You'll discover the three H's; HEART, HEAT and HEAD and their relationship to potentially fatal injuries and illnesses. When your athlete collapses and you need to act, you will know an action plan designed to take you step by step through the process of helping the collapsed athlete. You will be prepared when any emergency arises.

The Female and Male Athlete Triad

The Athlete Triad is a condition that affects millions of students every year. The NFHS has teamed up with The Female and Male Athlete Triad Coalition to create this course to help educate you about the Athlete Triad. This course will help you identify the signs and symptoms of the Female and Male Athlete Triad and what to do if you suspect an athlete may be dealing with this condition. This course explains the ways energy deficiency creates problems with a student's bone health and reproductive health and the ways that disordered eating can lead to experiencing the Athlete Triad.



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The Parent Seat

Your student's high school years will provide a lifetime of memories and experiences. How do you want your student to remember this experience?

To help guide parents in this journey, the National Federation of State High School Associations has created THE PARENT SEAT. This course has been designed to help you understand the importance of participation in school programs, your expectations of behavior at events, how your behavior affects your child, and how you can use your child's high school experience as a way to grow a healthy relationship for years to come.



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.





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Understanding Copyright and Compliance

This helpful course explains what copyright means and when there may be exceptions. It discusses Fair Use, when a piece of music might be in the Public Domain, copyright infringement penalties and much more. And this unique course has been designed for your specific needs whether you are a Music Teacher, Spirit Coach, School Administrator, Theatre Director or Speech and Debate Coach.



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.