



Course Clock Hours

Core Courses

Captains Course	3	Introduction to Interscholastic Music	2
Fundamentals of Coaching	12	Interscholastic Officiating	3
Fundamentals of Coaching – Blended	12	Introduction to Music Adjudication	3
First Aid, Health and Safety	6	Positive Sport Parenting	1

Sport Specific or Equivalent Courses

Cheer and Dance Safety Certification	5	Coaching Girls Lacrosse	5
Coaching Baseball	5	Coaching Golf	5
Coaching Basketball	5	Coaching Soccer	5
Coaching Boys Lacrosse	5	Coaching Softball	5
Coaching Cheer and Dance	5	Coaching Swimming	5
Coaching Cross Country	5	Coaching Tennis	5
Coaching Diving	5	Coaching Track & Field	5
Coaching Field Hockey	5	Coaching Volleyball	5
Coaching Field Hockey: Goalkeeping	3	Coaching Wrestling	5
Coaching Football	5	Teaching Sports Skills	5

Officials Sport-Specific Courses

Officiating Basketball	2	Officiating Swimming and Diving	2
Officiating Basketball: Crew of Three	2	Officiating Track & Field	2
Officiating Football	2	Officiating Volleyball: Alignment	2
Officiating Soccer: Fouls and Misconduct	2	Officiating Volleyball: Ball Handling	2
Officiating Soccer: Offside Rule	2	Officiating Wrestling	2
Officiating Soccer: Pre-game Conference	2	Umpiring Softball	2



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Elective Courses

Blocking and Defeating Blocks, Shoulder Tackling and Equipment Fitting	3	Teaching and Modeling Behavior	3
Middle School Sports	3	Mental Training for Performance	1
Strength and Conditioning	3		

Free Courses

Adjudicating Speech and Debate	3	Heat Illness Prevention	1
Band Safety	3	Introduction to Pitch Smart	1
Bullying, Hazing and Inappropriate Behaviors	3	Learning Pro: Homework Helper	1
Coaching Pole Vault	3	Learning Pro: Reading and Learning Strategies	1
Coaching Adapted Sports	3	Learning Pro: Research Skills	1
Coaching Unified Sports®	3	Learning Pro: Testing Tips	1
Engaging Effectively with Parents	3	P.A. Announcing	1
NCAA Eligibility	3	Protecting Students from Abuse	1
Sports Nutrition	3	Social Media	1
Understanding Copyright and Compliance	3	Social Media for Students	1
ACL Injury Prevention	1	Sportsmanship	1
Appearance and Performance Enhancing Drugs and Substances	1	Student Mental Health and Suicide Prevention	1
Concussion for Students	1	Sudden Cardiac Arrest	1
Concussion in Sports	1	Supervising Afterschool Activities	1
COVID-19 for Coaches and Administrators	1	The Collapsed Athlete	1
Hazing Prevention for Students	1	Understanding Vaping and E-Cigarettes	1

Last updated: September 29, 2020