

COMPETENCIES

Knowledge of human growth and development

1. Recognize the physical, cognitive, social, and emotional development of student athletes.

Including normative differences in chronological age groups, maturation, readiness to learn, train, and compete

2. Identify learning and competitive experiences appropriate for student athletes at various stages of growth development.
3. Define individualized, age appropriate, non-injurious training methods for student athletes.

Knowledge of instruction as it relates to athletic coaching

4. Select appropriate instructional strategies for athletic coaching.
5. Outline the development of athletic program philosophy, including goals and objectives.
6. Recognize the importance of pre-assessment in establishing instructional level.
7. Distinguish characteristics of coaching in activity or sport.
8. List feedback methods used in athletic coaching.
9. Define methods used to evaluate student athletes and program effectiveness.
10. Analyze and utilize evaluative data when redesigning programs.
11. Identify available and suitable professional resources for coaching.

Knowledge of biomechanical foundations

12. Define normal human anatomical features and abnormal deviations.
13. Identify biomechanical principles and concepts appropriate to athletic coaching.
14. Apply appropriate physics principles in the acquisition of basic movement skills.

Knowledge of sport injuries

15. Detect athletic injuries.
16. Select the appropriate athletic injury treatment modalities.
17. Identify appropriate first aid emergency planning and care procedures.

Including cardiopulmonary resuscitation; the unconscious athlete; suspected head, neck, and spine injuries; and other life threatening circumstances.
18. Select appropriate techniques for rehabilitation and reconditioning.
19. Identify the basic skills involved in athletic injury counseling.
20. Recognize safe playing conditions in order to facilitate injury prevention and enhance athletic performance.

Including selection of appropriate athletic uniforms, use of protective equipment, sanitary maintenance of uniforms and equipment, use of facilities, and avoidance of extreme weather conditions (e.g., heat, humidity, cold, lightning, etc.)
21. Identify appropriate athletic injury reporting systems.
22. Identify appropriate health related policies and procedures for student athletes.

Including parental medical consent, referral procedures, and medical examinations
23. Explain the importance and responsibility of the athletic trainer and on-call physician.

Knowledge of human psychology

24. Recognize the psychological aspects of athletic coaching.
25. Identify instructional and humanistic coaching methods which assist student athletes in developing appropriate self-perceptions.
26. Identify instructional and humanistic coaching methods which enhance appropriate and constructive peer interactions.
27. Demonstrate by example the ability to recognize and take appropriate action relative to problems among student athletes.

Including deficit academic performance, inappropriate behaviors occurring inside and outside the athletic context, substance abuse, depression, burnout, child abuse, and suicidal tendencies

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28. Define coaching motivational techniques.

Including awareness of performance enhancement techniques, visualization, stress reduction/relaxation, and attention focus.

29. Identify appropriate techniques for use in monitoring personal emotional self control in athletic coaching situations.

Knowledge of physiological principles

30. Identify basic training principles (e.g., overload, progression, and specificity).
31. Identify the variables by which overload can be modified.
32. Evaluate and interpret the results of pre-physical fitness and motor assessments.
33. Using evaluative data, apply principles of training to formulate individual and group conditioning programs.
34. Explain body composition factors related to athletic performance potential.

Including body weight as it affects performance and the percentage of body fat related to conditioning

35. Identify environmental conditions and their effects on personal health, safety, and learning (e.g., temperature, humidity, lighting, etc.)

Knowledge of substance use and abuse

36. Identify the negative effects of drugs on personal health and athletic performance.
37. Identify legal consequences of drug-taking behavior.
38. Identify symptoms of substance abuse.
39. Identify referral techniques for student athletes with substance abuse problems.

Knowledge of nutrition principles

40. Explain the relationship between nutritional needs and athletic training.
41. Evaluate the adequacy of diets in meeting the nutritional needs of student athletes.
42. Recognize fallacies and dangers underlying selected dietary plans and supplements.

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43. Explain the relationship between food intake, body weight, physical activity, and health.
44. Determine the relationship of hydration and dehydration to physical performance.

Knowledge of legal aspects related to athletic coaching

45. Recognize tort liability in athletics.

Including knowledge of adequate instruction and proper supervision.

46. Identify constitutional rights of student athletes.

With reference to discrimination(s), appropriate disciplinary techniques, and eliminating athletes from the team

47. Identify the minimum insurance coverage areas necessary for an athletic program.
48. Identify state procedures and regulations governing athletic participation.
49. Identify legal precedents and actions in athletic coaching involving assault and battery, sexual misconduct, and sexual harassment.

Knowledge of public relations principles

50. Identify the elements of communication.
51. Recognize the importance of feedback to reduce distortion of the intended message.
52. Explain the importance of targeting a specific audience to promote an athletic program.
53. Identify methods to assess expectations of the school community, community at large, and media.

Knowledge of sport management

54. Outline theoretical principles and strategies for successful athletic coaching.
55. Identify managerial principles in the use of equipment, facilities and deployment of personnel.
56. Outline athletic budget development and control procedures.
57. Define personnel and program evaluation techniques as used in athletic coaching.
58. Distinguish between ethical and unethical coaching behavior.