

Components

TITLE: CARE AND PREVENTION OF ATHLETIC INJURIES (SPORTS MEDICINE)	IDENTIFIER NUMBER <u>5-10-10-9-00</u>
	MAXIMUM POINTS <u>60</u>

Target Group

1. Certificated teachers who wish to add the coaching endorsement to their certificate.
2. Non-faculty personnel currently holding a valid teaching certificate who wish to receive coaching certification.
3. Athletic Directors/Activities Coordinators who wish to upgrade their skills and/or add coaching endorsement to their certificate.

Brief Description

This component is designed to enable the participant to learn about basic content and recent advances in care and prevention of athletic injuries. This includes injury detection, injury treatment, rehabilitation, reconditioning, counseling, and injury prevention.

This component should include not only subject matter content, but also offer appropriate teaching methods, hands-on laboratory experiences, and appropriate on-the-field, off-the-field safety precautions and procedures.

General Objectives

To acquire additional knowledge and skills in care and prevention of athletic injury whereas the participant will be able to deal with injury detection, treatment, prevention, rehabilitation, reconditioning, and counseling.

Specific Objectives

1. Demonstrate thorough knowledge of athletic nutrition and ability to advise athletes concerning nutrition.
2. Identify skills needed to recognize athletic injury.
3. Display abilities in selection of appropriate athletic injury treatment modalities.
4. Identify appropriate first aid emergency planning and care procedures.
 - A. Cardiopulmonary resuscitation and related activities.
 - B. Unconscious athlete treatment and care.
 - C. Care of suspected head, neck, and spine injured athletes.
 - D. Consideration of other life threatening circumstances. Distinguish the

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acceptable selection and usage of rehabilitation and reconditioning techniques.

5. Distinguish the acceptable selection and usage of rehabilitation and reconditioning techniques.
6. Demonstrate an understanding of athletic injury counseling methodology.
7. Show evidence of knowledge of and application for playing conditions and for athletic facilities in order to facilitate injury prevention and enhance athletic performance.
 - A. Selection of appropriate athletic uniforms.
 - B. Protective equipment.
 - C. Sanitary maintenance of the foregoing.
8. Identify accepted methods for conduct of inservice training.
9. Demonstrate an understanding of athletic injury reporting systems
10. Identify major characteristics of illegal substance use problems; recommend/refer identified athletes appropriately.
11. Demonstrate knowledge of appropriate health related policies and procedures.
 - A. Parental medical consent.
 - B. Establish policy/guidelines regarding health of athletes.
 - C. Referral procedures.
 - D. Medical examinations.
 - E. Knowledge of role/importance of athletic trainer.
 - F. On-call physician.
12. Maintain currency in the field.
13. Exhibit a basic understanding of anatomy and physiology as related to sports medicine.
14. State the importance of a knowledge of sports medicine as a lifelong activity.

Description of Activities

Laboratory activities shall consist of methods, techniques, and recommended operational procedures by certified trainers and physicians: by lectures, demonstrations, and individual/group applications. Activities will include, but not limited to, the following:

1. Application of standard first aid.
2. Cardiopulmonary resuscitation.

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3. Taping and wrapping techniques.
4. Conditioning and rehabilitation methods.
5. Anatomy and physiology as related to sports medicine.
6. Conference/seminars.

Evaluation

To the satisfaction of the consultant, each individual will:

1. Complete assigned activities.
2. Demonstrate increased competency on at least 80% of the objectives as determined by a pre- and post-assessment or by other valid means of measurement, in compliance with Section 231.608(1), Florida Statutes and Rule 6A-5.071(5), FAC.

In addition, each individual will complete an evaluation of the effectiveness of both component and consultant.

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TITLE: <u>Coaching Theory</u>	IDENTIFIER NUMBER <u>5-10-11-9-00</u>
	MAXIMUM POINTS <u>60</u>

Target Group

1. Certificated teachers who wish to add the coaching endorsement to their certificate.
2. Non-faculty personnel currently holding a valid teaching certificate who wish to receive coaching certification.
3. Athletic Directors/Activities Coordinators who wish to upgrade their skills and/or add coaching endorsement to their certificate.

Brief Description

This component is designed to enable the participant to acquire additional knowledge about legal aspects, human growth and development psycho-social development, bio-physiological foundation, sport management, sport instruction that will improve coaching effectiveness.

General Objectives

To acquire additional knowledge, methods, skill application that will improve coaching effectiveness.

Specific Objectives

I. Legal Aspects

- A. Demonstrate proficiency in understanding tort liability in athletics.
 1. Knowledge of adequate care.
 2. Understanding of proper supervision.
- B. Understand the constitutional rights of student athletes.
 1. Identify ethnic or other discrimination.
 2. Identify appropriate disciplinary techniques.
 3. Decision making strategy in eliminating athlete(s) from the team.
- C. Identify minimum necessary athletic insurance coverage(s).
- D. Recognize and adhere to appropriate state and local policy and procedure regulations governing athletic participation.
- E. Understand contractual law as applied to athletic coaching.

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- F. Be cognizant of appropriate coach/athlete interpersonal relations.
- G. Be aware of legal precedents and actions in athletic coaching.
 - 1. Sexual misconduct.
 - 2. Sexual harassment.
 - 3. Assault/battery.
- H. Maintain currency in field.

II. Human Growth and Development

- A. Demonstrate an understanding of the characteristics of student athletes.
 - 1. Normative differences in chronological age.
 - 2. Maturation differences.
 - 3. Readiness.
 - a. To learn.
 - b. To train.
 - c. To compete.
- B. Distinguish the experiences appropriate for student athletes at various stages of growth development.
- C. Determine individualized, age appropriate, non-injurious training methods for student athletes.
- D. Maintain currency in field.

III. Psycho-Social Development

- A. Understand the psychological aspects of athletic coaching.
 - 1. Identify instructional and humanistic coaching skills which assist student athletes to develop appropriate self-perceptions
 - 2. Identify instructional and humanistic coaching skills which enhance appropriate and constructive peer interactions.
 - 3. Demonstrate ability to recognize and take appropriate action relative to problems among student athletes:
 - a. Deficit academic performance.
 - b. Inappropriate behaviors/appropriate corrective measures.
 - c. Inability to get along with others.
 - d. Inappropriate behaviors occurring outside the athletic context.
 - e. Substance abuse.
 - f. Depression.
 - g. Burnout.
 - h. Child abuse.
 - i. Suicidal tendencies.
- B. Demonstrate proficiency in the use of appropriate motivational techniques for the

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athlete.

1. Awareness of performance enhancement techniques.
 - a. Visualization.
 - b. Stress reduction/relaxation.
 - c. Attention focus.
2. Identify appropriate techniques for use in monitoring personal emotional self-control in all athletic coaching situations.
3. Determine personal physical/emotional status of well being as an athletic coach.
4. Understand skills in effective interpersonal communication with athletes, parents, other coaches, administrators, other members of the school community, the media, and the public at large.
5. Identify available/suitable professional resources for athletic counseling.

C. Maintain currency in field.

IV. Bio-Physiological Foundations

- A. Demonstrate current knowledge of normal human anatomical features and abnormal deviations.
- B. Identify knowledge of biomechanical principles appropriate to athletic coaching.
 1. Demonstrate understanding of physics principles, which form the basis of skills acquisition.
 2. Demonstrate knowledge of biomechanical concepts as applied in athletic coaching.
- C. Demonstrate understanding of exercise physiology as it relates to athletic coaching.
 1. Understand training program(s) for sport and demonstrate the ability to implement appropriate program(s).
 2. Knowledge of appropriate environmental conditions and their effects on training and learning (temperature, humidity, lighting, etc.).
- D. Demonstrate understanding of body composition factors related to athletic performance potential.
 1. Body weight as it affects performance.
 2. Body fat percentage related to conditioning.
- E. Maintain currency in foregoing subjects.

V. Sport Management

- A. Understand theoretical principles and strategies for successful athletic coaching.
- B. Understand managerial skills in use of equipment, facilities, and the deployment of personnel.
- C. Possess budget control skills.

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- D. Knowledge of evaluation techniques.
 - 1. Personnel.
 - 2. Program.
- E. Demonstrate ethical behaviors and decision making in personal relations with others.

VI. Instruction

- A. Knowledge of sound instructional strategies in athletic coaching.
 - 1. Philosophy of program (goals and objectives).
 - 2. Initial pre-assessment.
 - 3. Instructional approaches.
 - a. Plan content.
 - b. Develop procedures.
 - c. Use of instructional resources.
 - 4. Coach the activity.
 - 5. Reevaluate students and evaluate program effectiveness.
 - 6. Feedback.
 - 7. Redesign of program as appropriate.

Description of Activities

Laboratory activities shall consist of methods, techniques, and recommended operational procedures by qualified professionals. By lectures, demonstrations, and individual/group applications. Activities will include inservice in the following:

- 1. Legal aspects of athletics.
- 2. Human growth and development.
- 3. Psycho-social development.
- 4. Bio-physiological foundations.
- 5. Sport management.
- 6. Instruction.

Evaluation

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To the satisfaction of the consultant, each individual will:

1. Complete assigned activities.
2. Demonstrate increased competency on at least 80% of the objectives as determined by a pre- and post-assessment or by other valid means of measurement, in compliance with Section 231.608(1), Florida Statutes and Rule 6A-5.071(5), FAC.

In addition, each individual will complete an evaluation of the effectiveness of both component and consultant.

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TITLE: <u>Theory and Practice of Coaching a Specific Sport</u>	IDENTIFIER NUMBER <u>5-10-12-9-00</u>
	MAXIMUM POINTS <u>60</u>

Target Group

1. Certificated teachers who wish to add the coaching endorsement to their certificate.
2. Non-faculty personnel currently holding a valid teaching Certificate who wish to receive coaching certification.
3. Athletic Directors/Activities Coordinators who wish to upgrade their skills and/or add coaching endorsement to their certificate.

Brief Description

This component is designed to enable the participant to acquire additional knowledge about basic content and recent advances in coaching a selected interscholastic sport.

The component should also include skill acquisition, coaching/ teaching methods, trends, hands-on laboratory experiences, and appropriate safety precautions and procedures.

General Objectives

To acquire additional knowledge, methods, trends, and skill application in the coaching of a selected interscholastic sport.

Specific Objectives

1. Identify the importance of selected interscholastic sport as a lifelong activity.
2. State the importance of a selected interscholastic sport as a part of our culture.
3. Identify the rules and terminology used in a selected interscholastic sport.
4. Identify the strategies of team and/or individual play in a selected interscholastic sport.
5. Identify the strategies of individual position play in a selected interscholastic sport.
6. Exhibit a knowledge of safety practices necessary to participate in a selected interscholastic sport.
7. State the physical fitness value derived from participation in selected

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- interscholastic sports.
8. Identify the skills necessary to participate in selected interscholastic sports.
 9. State the social skills derived from participation in selected interscholastic sports.
 10. Identify positive sportsmanship techniques in participating in selected interscholastic sports.
 11. Identify new methods and techniques for more effective coaching in selected interscholastic sports.
 12. Identify innovative methods of organizing and administering a selected interscholastic sport.
 13. Identify national, state, local policy revisions that will affect the administering of a selected interscholastic sport.
 14. Exhibit a basic understanding and knowledge of sport medicine as it pertains to selected interscholastic sports.
 15. Exhibit a basic understanding in the recognition, treatment, and evaluation of athletic injuries in selected interscholastic sports.

Description of Activities

Laboratory activities that include the following:

1. Strategies of play.
2. Skill acquisition.
3. Sport assessment.
4. Sport improvement.
5. Sport organization and management.
6. Safety procedures.
7. Sportsmanship/social values.
8. Conference/seminars.

Evaluation

To the satisfaction of the consultant, each individual will:

1. Complete assigned activities.

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2. Demonstrate increased competency on at least 80% of the objectives as determined by a pre- and post-assessment or by other valid means of measurement, in compliance with Section 231.608(1), Florida Statutes and Rule 6A-5.071(5), FAC

In addition, each individual will complete an evaluation of the effectiveness of both component and consultant.