

National Standards for Athletic Coaches

Injuries: Prevention, Care and Management

The student will:

- Prevent injuries by recognizing and insisting on safe playing conditions
- Ensure that protective equipment is in good condition, fits properly and is worn as prescribed by the manufacturer; ensure that equipment and facilities meet required standards (ASTM and USCPSC).
- Recognize that proper conditioning and good health are vital to the prevention of athletic injuries.
- Prevent exposure to the risk of injuries by considering the effects of environmental conditions on the circulatory and respiratory systems when planning and scheduling practices and contests and implementing programs for physical conditioning.
- Plan, coordinate and implement procedures for appropriate emergency care.
- Demonstrate skill in prevention, recognition and evaluation of injuries and the ability to assist athletes with the recovery/rehabilitation from injuries that are generally associated with participation in athletics in accordance with guidelines provided by qualified medical personnel.
- Facilitate a unified medical program of prevention, care and management of injuries by coordinating the roles and actions of the coach and a National Athletic Trainers Association certified athletic trainer with those of the physician.
- Provide coaching assistants, athletes and parents/guardians with education about injury prevention, injury reporting and sources of medical care.

Risk Management

The student will:

- Understand the scope of legal responsibilities that come with assuming a coaching position, i.e. proper supervision, planning and instruction, matching participants, safety, first aid and risk management.
- Properly inform coaching assistants, parent/guardians and athletes of the inherent risks associated with sport so that decisions about participation can be made with informed consent.
- Know and convey the need and availability of appropriate medical insurance.
- Participate in continuing education regarding rules, changes, improvements in equipment, philosophical changes, improved techniques and other information in order to enhance the safety and success of the athlete.

Growth, Development and Learning

The student will:

- Recognize the developmental physical changes that occur as athletes move from youth through adulthood and know how these changes influence the sequential sport.
- Understand the social and emotional development of the athletes being coached, know how to recognize problems related to this development and know where to refer them for appropriate assistance when necessary.
- Analyze human performance in terms of developmental information and individual body structure.
- Provide instruction to develop sport-specific motor skills. Refer athletes to appropriate counsel as needed.
- Provide learning experiences appropriate to the growth and development of the age group coached.

Training, Conditioning and Nutrition

The student will:

- Demonstrate a basic knowledge of physiological systems and their responses to training and conditioning.
- Design programs of training and conditioning that properly incorporate the mechanics of movement and sound physiological principles taking into account each individual's ability and medical history, avoiding contraindicated exercises and activities and guarding against the possibility of over-training; be able to modify programs as needed.
- Demonstrate knowledge of proper nutrition and educate athletes about the effects of nutrition upon health and physical performance.
- Demonstrate knowledge of the use and abuse of drugs and promote sound chemical health.

Social/Psychological Aspects of Coaching

The student will:

- Subscribe to a philosophy that acknowledges the role of athletics in developing the complete person.
- Identify and interpret to co-coaches, athletes, concerned others and the general public the values that are to be developed from participation in sports programs.
- Identify and apply ethical conduct in sport by maintaining emotional control and demonstrating respect for athletes, officials and other coaches.
- Demonstrate effective motivational skills and provide positive, appropriate feedback.
- Conduct practices and competitions to enhance the physical, social and emotional growth of athletes.

- Be sufficiently familiar with the basic principles of goal setting to motivate athletes toward immediate and long range goals.
- Treat each athlete as an individual while recognizing the dynamic relationship of personality and socio-cultural variables such as gender, race and socio-economic differences.
- Identify desirable behaviors (i.e. self discipline, support of teammates, following directions, etc.) and structure experiences to develop such behaviors in each athlete.

Skills, Tactics and Strategies

The student will:

- Identify and apply specific competitive tactics and strategies appropriate for the age and skill levels involved.
- Organize and implement materials for scouting, planning practices and analysis of games.
- Understand and enforce the rules and regulations of appropriate bodies that govern sport and education.
- Organize, conduct and evaluate practice sessions with regard to established program goals that are appropriate for different stages of the season.

Teaching and Administration

The student will:

- Know the key elements of sport principles and technical skills as well as the various teaching methods that can be used to introduce and refine them.
- Demonstrate objective and effective procedures for the evaluation and selection of personnel involved in the athletic program and for periodic program reviews.

Professional Preparation and Development

The student will:

- Demonstrate organizational and administrative efficiency in implementing sports programs, e.g. event management, budgetary procedures, facility maintenance, participation in public relations activities.
- Acquire sufficient practical field experience and supervision in the essential coaching areas to ensure an adequate level of coaching competence for the level of athlete coached. This would include a variety of knowledge, skills and experience.