



Middle School Sports

Students ranging from 10 to 15 years old have a wide range of natural abilities, learned skills and physical development. This course, based on the book *Clearing the Hurdles: Issues and Answers in Middle School Sports* by C. Kenneth McEwin and John Swaim, provides education to coaches and administrators that recognizes middle school sports should be developmentally appropriate for young adolescents.

Course Objectives

- Understand the middle school philosophy
- Assess the school's sport philosophy and understand adolescent physical and psychological development in the context of the sports program
- Develop coaching philosophy and techniques to improve communication and managerial skills to assist in fulfilling coaching responsibilities
- Focus on age appropriate training, basic skills and progression to build confidence and skills for all students
- Understand risk management, responsibilities and legal duties as a coach, and establish rules and policies accordingly to keep safety the number one priority

Units

- Introduction to Middle School Sports
- Program Philosophy
- Coaching Philosophy
- Coaching & Teaching Opportunities
- Rules, Regulation & Risk Management
- Personal Assessment

More

- Unlimited access to course & resources for one year from date of purchase
- Use as an elective to fulfill  certification requirements
- Approved by NFHS for 3 course clock hours

More Information at nfhslearn.com!