



**Coach Education**  
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## Middle School Sports

**Course Objectives:** 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.

### Unit 1: Course Introduction and Overview

#### Unit 2: Introduction to Middle School Sports

- Perceptions of Middle School Sports
- Common Issue Summary

#### Unit 3: Program Philosophy

- Assessing Current Program
- Developmental Considerations
- Intramural Sports & Interscholastic Sports
- Program Philosophy
- Summary

#### Unit 4: Coaching Philosophy

- Coaching Assessment
- Coaching Philosophy
- Coaching Responsibilities & Duties
- Interpersonal Skills
- Managerial Skills
- Summary

#### Unit 5: Coaching & Teaching Opportunities

- Tryouts
- Practices
- Basic Skills and Progressions
- Training and Conditioning
- Awards and Recognition
- Summary

#### Unit 6: Rules, Regulations & Risk Management

- Rules and Policies
- Risk Management
- Legal Liabilities
- Summary

#### Unit 7: Personal Assessment

- Summary
- Personal Assessment