

National Federation of State  
High School Associations



# Captains Course

With the help of Michigan State University's Institute for the Study of Youth Sports and the Michigan High School Athletic Association, this course was created to help develop high school team leaders. Student-athletes are prominently featured via on-screen hosts and captain interviews throughout the ten-segment curriculum, while participants learn about leadership skills and reflect on the important role of the team captain.

## Course Objectives

- Define leadership and how to become an effective leader
- Identify the qualities of expressive vs. instrumental leaders and your leadership style
- How to become a positive role model for your teammates
- Guidelines for effectively communicating with the different personalities on your team
- Learn how to create team building activities and strategies for developing team cohesion

## Units

- Introduction to Leadership
- Who am I as a Student-Athlete
- What is My Leadership Style
- What are My Roles and Responsibilities
- Positive Peer Modeling
- Communication
- Motivation
- Team Building & Team Cohesion
- Handling Tough Situations
- Leadership in Review

## More

- Unlimited access to course & resources for one year from order date
- Developed for students—current and aspiring team captains are encouraged to complete this FREE course
- Approved by NFHS for 3 course clock hours

More Information at [nfhslearn.com](https://nfhslearn.com)!