



COURSE CLOCK HOURS APPROVED BY NFHS

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The courses on the NFHS Learning Center have each been approved for the following clock hours:

| Core Courses | | | |
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| Captains Course | 3 | Introduction to Interscholastic Music | 2 |
| Fundamentals of Coaching | 12 | Interscholastic Officiating | 3 |
| Fundamentals of Coaching - Blended | 12 | Introduction to Music Adjudication | 3 |
| First Aid, Health and Safety | 6 | Positive Sport Parenting | 1 |
| Sport-Specific or Equivalent Courses | | | |
| AACCA Spirit Safety Certification | 5 | Coaching Golf | 5 |
| Coaching Baseball | 5 | Coaching Soccer | 5 |
| Coaching Basketball | 5 | Coaching Softball | 5 |
| Coaching Boys Lacrosse | 5 | Coaching Swimming | 5 |
| Coaching Cheer and Dance | 5 | Coaching Tennis | 5 |
| Coaching Diving | 5 | Coaching Track & Field | 5 |
| Coaching Field Hockey | 5 | Coaching Volleyball | 5 |
| Coaching Football | 5 | Coaching Wrestling | 5 |
| Coaching Girls Lacrosse | 5 | Teaching Sports Skills | 5 |
| Officials Sport-Specific Courses | | | |
| Officiating Basketball | 2 | Officiating Swimming and Diving | 2 |
| Officiating Football | 2 | Officiating Volleyball: Ball Handling | 2 |
| Officiating Soccer: Fouls and Misconduct | 2 | Officiating Wrestling | 2 |
| Officiating Soccer: Offside Rule | 2 | Umpiring Softball | 2 |
| Elective Courses | | | |
| Blocking, Tackling and Equipment Fitting | 3 | Teaching and Modeling Behavior | 3 |
| Middle School Sports | 3 | Mental Training for Performance | 1 |
| Strength and Conditioning | 3 | | |
| Free Courses | | | |
| Adjudicating Speech and Debate | 3 | Heat Illness Prevention | 1 |
| Band Safety | 3 | Introduction to Pitch Smart | 1 |
| Bullying, Hazing and Inappropriate Behaviors | 3 | Learning Pro: Homework Helper | 1 |
| Coaching Pole Vault | 3 | Learning Pro: Reading and Learning Strategies | 1 |
| Coaching Unified Sports® | 3 | Learning Pro: Research Skills | 1 |
| Engaging Effectively with Parents | 3 | Learning Pro: Testing Tips | 1 |
| NCAA Eligibility | 3 | Protecting Students from Abuse | 1 |
| Sports Nutrition | 3 | Social Media | 1 |
| Understanding Copyright and Compliance | 3 | Social Media for Students | 1 |
| ACL Injury Prevention | 1 | Sportsmanship | 1 |
| Appearance and Performance Enhancing Drugs and Substances | 1 | Student Mental Health and Suicide Prevention | 1 |
| Concussion for Students | 1 | Sudden Cardiac Arrest | 1 |
| Concussion in Sports | 1 | Supervising Afterschool Activities | 1 |
| Hazing Prevention of Students | 1 | | |