

Coaching

CO231 Principles of Coaching

Cr-3

This course introduces the basic philosophy and principles of coaching as integral parts of physical education and general education. Topics include the function and organization of leagues and athletic associations in New York State; state, local, and national policies as related to athletics; standards for the responsibilities and duties of the coach as an educational leader; legal considerations; team management; athletic facilities; budget and record keeping; and, interacting with supervisors and officials. This is one of three mandatory courses required by the New York State Education Department to become permanently certified to coach high school athletics.

CO232 Health Science Applied to Coaching

Cr-3

Topics in this course include first aid, CPR, and athletic training/conditioning principles. Upon completion, students are eligible for National Safety Council First Aid and American Heart Association CPR certification. This is one of three mandatory courses required by the New York State Education Department to become permanently certified to coach high school athletics.

CO233 Theory & Techniques of Coaching

Cr-2

This course provides basic knowledge and skills in the use and development of sport-specific coaching methods and skills. New York State high school rules and regulations, teaching methods, performance skills, organization and management of practice sessions, and conditioning are explored. An internship in a specific sport under the supervision of a master coach or athletic trainer and seminar sessions in interschool athletic history are required. This is one of three mandatory courses required by the New York State Education Department to become permanently certified to coach high school athletics. Prerequisite: CO231 Principles of Coaching