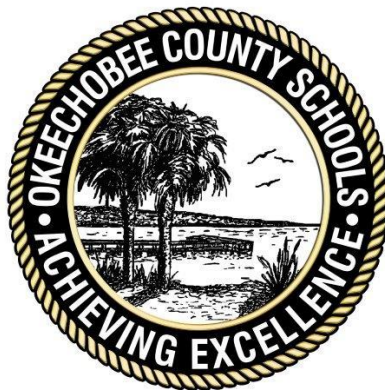


The School District of Okeechobee County



District Add-On Athletic Coaching Endorsement
(ACE)
2017-2022

**ATHLETIC COACHING ENDORSEMENT PROGRAM
TABLE OF CONTENTS**

- I. Program Title**
- II. Program Rationale and Purpose**
- III. Program Content/Curriculum**
- IV. Instructional Design and Delivery**
- V. Competency Completion Requirements**
- VI. Program Evaluation**
- VII. Management**
- VIII. School Board Approval**

I. PROGRAM TITLE

Athletic Coaching Endorsement
Athletic Coaching Certification

II. PROGRAM RATIONALE AND PURPOSE

The rationale of this Athletic Coaching Endorsement/Certification is mandated in Florida Statute 1012.55 (2) (a) which states, *individuals rendering services as athletic coaches in any public school in any district **hold** valid temporary or professional certificate or an athletic Coaching certificate.*

Teachers who wish to acquire the *Athletic Coaching Endorsement* must have the following per **Administrative Rule 6A-4.0282:**

- Certification in another subject, and
- Nine (9) semester hours in athletic coaching to include the areas specified below:
 - A. Three (3) semester hours in care and prevention of athletic injuries, and the effects and dangers of drug use including performance enhancing drugs.
 - B. Three (3) semester hours in coaching theory, and
 - C. A course in theory and practice of coaching a specific sport.
- A valid cardiopulmonary resuscitation course completion (CPR) card or certificate issued by the American Heart Association or the American Red Cross or an equivalent cardiopulmonary resuscitation course completion card or certificate issued by an entity approved by the Florida Department of Health pursuant to Rule 64J-1.022, F.A.C.

An inservice training program leading toward the addition of an endorsement in coaching to a *Florida Educator Certificate* has been adopted by the district.

Community coaches who do not hold a professional certificate shall obtain a temporary certificate in athletic coaching and upon successful completion of this inservice training program can apply for a five-year athletic coaching certificate.

III. PROGRAM CONTENT/CURRICULUM

Teachers endeavoring to add the coaching endorsement to the *Florida Educator Certificate* should earn 180 in-service points (equivalent to 9 semester hours of college credit) by successfully completing the prescribed set of in-service components included in this program:

Coaching Theory- *The participant will acquire addition knowledge about the legal aspects, human growth and development, sports management, sports instruction, methods and skill application that will improve coaching effectiveness.*

Care and Prevention of Athletic Injuries (Sports Medicine) - *The participant will develop and/or enhance the knowledge and skills necessary to improve effectiveness in the care and prevention of athletic injury, injury detection, treatment, prevention, and rehabilitation.*

Theory and Practice of Coaching a Specific Sport- *The participant will acquire additional knowledge about basic content and recent advances in coaching a selected interscholastic sport. This component will also include*

skill acquisition, coaching/teaching methods, trends, hands-on laboratory experiences, and appropriate safety precautions and procedures.

In addition, program completers will obtain a valid cardiopulmonary resuscitation certificate issued by the *American Red Cross* or an equivalent cardiopulmonary resuscitation course completion card or certificate issued by an entity approved by the Florida Department of Health pursuant to Rule 64E-2.038, F.A.C

Individuals who **do not** hold a *Florida Educator Certificate* and who render services as athletic coaches are eligible to participate in the Okeechobee County Inservice Program for the Athletic Coaching Certification. They must do the following:

- Apply for a temporary *Athletic Coaching Certificate*.
- They must earn 60 inservice points in each of the three areas listed above for the Athletic Coaching Certificate;
- hold an appropriate CPR certification/card issued by one of the following:
 - the American Heart Association
 - American Red Cross;
 - or an equivalent cardiopulmonary resuscitation course completion based on an entity approved by the Florida Department of Health pursuant to Rule 64J-1.022, F.A.C. prior to the certificate being issued.
- Upon successful completion of all components of the program, participants will be eligible to apply for the five-year *Florida Educator Certificate* in Athletic Coaching.

Individuals who **do not** hold a *Florida Educator Certificate* and who render services as athletic coaches may transfer college course work into this endorsement program. Courses for transfer must each be equivalent to a minimum of 60 inservice points (3 semester hours) and must match the content provided in the components listed in the district's Master Inservice Plan.

Competencies for Athletic Coaching:

Knowledge of human growth and development

1. Recognize the physical, cognitive, social, and emotional development of student athletes.

Including normative differences in chronological age groups, maturation, readiness to learn, train, and compete

2. Identify learning and competitive experiences appropriate for student athletes at various stages of growth development.

3. Define individualized, age appropriate, non-injurious training methods for student athletes.

Knowledge of instruction as it relates to athletic coaching

4. Select appropriate instructional strategies for athletic coaching.

5. Outline the development of athletic program philosophy, including goals and objectives.

6. Recognize the importance of pre-assessment in establishing instructional level.

7. Distinguish characteristics of coaching in activity or sport.

8. List feedback methods used in athletic coaching.

9. Define methods used to evaluate student athletes and program effectiveness.

10. Analyze and utilize evaluative data when redesigning programs.

11. Identify available and suitable professional resources for coaching.

Knowledge of biomechanical foundations

12. Define normal human anatomical features and abnormal deviations.
13. Identify biomechanical principles and concepts appropriate to athletic coaching.
14. Apply appropriate physics principles in the acquisition of basic movement skills.

Knowledge of sport injuries

15. Detect athletic injuries.
16. Select the appropriate athletic injury treatment modalities.
17. Identify appropriate first aid emergency planning and care procedures. Including cardiopulmonary resuscitation; the unconscious athlete; suspected head, neck, and spine injuries; and other life threatening circumstances.
18. Select appropriate techniques for rehabilitation and reconditioning.
19. Identify the basic skills involved in athletic injury counseling.
20. Recognize safe playing conditions in order to facilitate injury prevention and enhance athletic performance. Including selection of appropriate athletic uniforms, use of protective equipment, sanitary maintenance of uniforms and equipment, use of facilities, and avoidance of extreme weather conditions (e.g., heat, humidity, cold, lightning, etc.)
21. Identify appropriate athletic injury reporting systems.
22. Identify appropriate health related policies and procedures for student athletes. Including parental medical consent, referral procedures, and medical examinations
23. Explain the importance and responsibility of the athletic trainer and on-call physician.

Knowledge of human psychology

24. Recognize the psychological aspects of athletic coaching.
25. Identify instructional and humanistic coaching methods, which assist student athletes in developing appropriate self-perceptions.
26. Identify instructional and humanistic coaching methods, which enhance appropriate and constructive peer interactions.
27. Demonstrate by example the ability to recognize and take appropriate action relative to problems among student athletes. Including deficit academic performance, inappropriate behaviors occurring inside and outside the athletic context, substance abuse, depression, burnout, child abuse, and suicidal tendencies
28. Define coaching motivational techniques. Including awareness of performance enhancement techniques, visualization, stress reduction/relaxation, and attention focus.
29. Identify appropriate techniques for use in monitoring personal emotional self-control in athletic coaching situations.

Knowledge of physiological principles

30. Identify basic training principles (e.g., overload, progression, and specificity).
31. Identify the variables by which overload can be modified.
32. Evaluate and interpret the results of pre-physical fitness and motor assessments.
33. Using evaluative data, apply principles of training to formulate individual and group conditioning programs.
34. Explain body composition factors related to athletic performance potential. Including body weight as it affects performance and the percentage of body fat related to conditioning
35. Identify environmental conditions and their effects on personal health, safety, and learning (e.g., temperature, humidity, lighting, etc.).

Knowledge of substance use and abuse

36. Identify the negative effects of drugs on personal health and athletic performance.
37. Identify legal consequences of drug-taking behavior.

38. Identify symptoms of substance abuse.
39. Identify major characteristics of illegal substance use problems, to include the effects and dangers of drug use including performance-enhancing drugs;
40. Identify referral techniques for student athletes with substance abuse problems

Knowledge of nutrition principles

41. Explain the relationship between nutritional needs and athletic training.
42. Evaluate the adequacy of diets in meeting the nutritional needs of student athletes.
43. Recognize fallacies and dangers underlying selected dietary plans and supplements.
44. Explain the relationship between food intake, body weight, physical activity, and health.
45. Determine the relationship of hydration and dehydration to physical performance.

Knowledge of legal aspects related to athletic coaching

46. Recognize tort liability in athletics. Including knowledge of adequate instruction and proper supervision.
47. Identify constitutional rights of student athletes, with reference to discrimination(s), appropriate disciplinary techniques and eliminating athletes from the team
48. Identify the minimum insurance coverage areas necessary for an athletic program.
49. Identify state procedures and regulations governing athletic participation.
50. Identify legal precedents and actions in athletic coaching involving assault and battery, sexual misconduct, and sexual harassment.

Knowledge of public relations principles

51. Identify the elements of communication.
52. Recognize the importance of feedback to reduce distortion of the intended message.
53. Explain the importance of targeting a specific audience to promote an athletic program.
54. Identify methods to assess expectations of the school community, community at large, and media.

Knowledge of sport management

55. Outline theoretical principles and strategies for successful athletic coaching.
56. Identify managerial principles in the use of equipment, facilities and deployment of personnel.
57. Outline athletic budget development and control procedures.
58. Define personnel and program evaluation techniques as used in athletic coaching.
59. Distinguish between ethical and unethical coaching behavior.

IV. INSTRUCTIONAL DESIGN AND DELIVERY- Matrix

The Athletic Coaching Endorsement/Certification Program will be provided through an in-service program of three (3) inservice training components worth sixty (60) in-service points each course. Participants can complete in the following ways:

Component Name	Specific Objective Number	Method of Competency/Follow-up
Coaching Theory 1011002	I. Legal Aspects	Online Assignments/Reflections
	II. Human Growth and Development	Online Assignments/Reflections
	III. Psycho-Social Development	Online Assignments/Reflections

	IV. Bio-Physiological Foundations	Online Assignments/Reflections
	V. Sports Management	Online Assignments/Reflections/Modeling
	VI. Instruction	Online Assignments/Modeling
<i>Care and Prevention Athletic Injuries 1011003</i>	1.	Online Assignments/Reflections
	2	Online Assignments/Reflections
	3	Online Assignments/Reflections
	4	CPR/AED/First Aid Training/Modeling/Feedback
	5	CPR/AED/First Aid Training/Modeling/Feedback
	6	Online Assignments/Reflections/
	7	Online Assignments/Reflections
	8	Online Assignments/Reflections
	9	Online Assignments/Reflections
	**10	Online Assignments/District Course on Steroids and Drug use/Feedback
	11	Online Assignments/Reflections
	12	Online Assignments/Reflections/Clinic
<i>Theory and Practice of Coaching a Specific Sport 1-011-004</i>	1	Online Assignments/Modeling/Reflections
	2	Online Assignments/Modeling/Reflections
	3	Online Assignments/Modeling/Reflections
	4	Online Assignments/Modeling/Reflections
	5	Online Assignments/Modeling/Reflections
	6	Online Assignments/Modeling/Reflections
	7	Online Assignments/Modeling/Reflections
	8	Online Assignments/Modeling/Reflections

- Coach Education Center of Human Kinetics (Coaching Principles, Sports First Aid, Coaching Technical and Tactical Skills)
- NFHS Courses on Specific Courses
- College Courses (transcript is required)
- CPR courses offered onsite quarterly throughout the year.

V. COMPETENCY COMPLETION REQUIREMENTS

- Successful completion of 180 inservice points, consistent with the Program Content Requirements of this program, as indicated by District inservice records, and
- Appropriate CPR certification/card issued by one of the following:
 - the American Heart Association
 - American Red Cross;
 - Or an equivalent cardiopulmonary resuscitation course completion based on an entity approved by the Florida Department of Health pursuant to Rule 64J-1.022, F.A.C.
- The 180 inservice points can be achieved through a combination of college courses and/or online courses consistent with the specific objectives and competencies included in the program requirements and inservice components.
The Coordinator of Professional Development will verify the participant's inservice credit to add the coaching endorsement to his/her *Florida Educator Certificate*.
The individual seeking the addition of the coaching endorsement to a *Florida Educator Certificate* shall confer with the Director of Human Resources or designee regarding the formal application process to the Florida Department of Education.

VI. PROGRAM EVALUATION

Criteria for evaluation of participants' competency attainment are as follows:

- College course - An official transcript indicating a grade of "C" or higher will serve as evaluation for appropriate college courses which meet program criteria;
- Online course completion that correlates Master Inservice Plan Competencies. Certificates for each course must accompany inservice record.
- Valid CPR Certificate - evidence evaluated for Sports Medicine course completion.

Criteria for evaluation of the Athletic Coaching Endorsement Program are as follows:

- At least 90% of program participants will demonstrate increased knowledge.
- Participants, Athletic Directors and/or district Professional Development/Human Resource personnel will evaluate the program and its components in the areas of factual knowledge gained, usefulness of the information, and skills and competencies demonstrated in athletic coaching roles.
- Materials and supplies will be assessed in opinion surveys throughout implementation.

VII. MANAGEMENT

Candidate Application and Admission

The individuals designated above will share the process for application, admission, and verification of the Athletic Coaching Endorsement Program. Eligibility to participate in the program is predicated on a candidate's holding a valid Florida Professional or

Temporary Certificate based upon a bachelor's degree or higher with certification in an academic, degreed vocational, administrative, or specialty class coverage, and being currently employed by the School District. A candidate who enters the program based on a temporary certificate must show proof of eligibility for a Professional Certificate prior to the district's verification of completion of the program. Permanent substitutes with valid full-time Florida Temporary or Professional Education Certificates are eligible to enroll in the program.

Advisement

Participants in the inservice program for athletic coaching will be responsible for maintaining awareness pertaining to requirements and completion of specific components of the program. The District Human Resources and Professional Development offices will be available to assist individuals in developing a plan to obtain the Athletic Coaching Endorsement, temporary certificate in Athletic Coaching, or five year Athletic Coaching Certificate.

Attendance Requirement for Inservice Points

Participants in college courses for credit in the Athletic Coaching endorsement/part-time certificate program must verify successful completion of the course and meet attendance requirements of each specific course. Participants in inservice courses for credit in the Athletic Coaching Endorsement/part-time certificate program must be able to document successful completion of the required number of hours of attendance to receive full credit as verified in district inservice records.

Transfer and Utilization of Credit (College or Inservice)

Credit earned in college courses from an accredited institution of higher education may be considered for transfer of credit to this add-on endorsement program. College courses are converted to inservice points with each semester credit hour equivalent to 20 inservice points. Participants must request an official college transcript from the institution of higher education for courses they wish to transfer; course syllabi will be analyzed to determine correlation to the appropriate athletic coaching inservice course within the chosen plan of study.

Inservice credit earned in other school districts may be applied to the Athletic Coaching Endorsement program provided that

- The component is of equivalent or higher content level, and
- The component was earned as part of an approved Add-on Endorsement Program for Athletic Coaching.

Participants must request an official Inservice Transfer Record be sent from the previous employer to the Coordinator of Professional Development.

The Coordinator of Professional Development will review and act on each request for transfer of credit.

Certification of Completion

Upon successful completion of the three components of the inservice program, as verified by inservice records maintained in the Professional Development office, the Coordinator will verify the training and with the Human Resources Director, assist individuals in making formal application to the Florida Department of Education for the Athletic Coaching endorsement or Athletic Coaching Certificate.

VIII. SCHOOL BOARD APPROVAL

The attached signed cover page notes School Board approval of Okeechobee's Athletic Coaching Endorsement Program.

Approved by School Board

AVinson 03-07-17