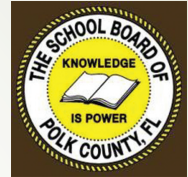


# A NEW ONLINE COACHING EDUCATION ALTERNATIVE FOR POLK COUNTY PUBLIC SCHOOL COACHES

## **POLK COUNTY PUBLIC SCHOOLS (PCPS) IS EXCITED TO INTRODUCE A NEW COACHING EDUCATION AND CERTIFICATION PROGRAM THAT'S DELIVERED ONLINE AND ENDORSED BY THE FLORIDA DEPARTMENT OF EDUCATION**

PCPS in partnership with the American Sport Education Program (ASEP) offers high school coaches the opportunity to take the ASEP online courses Coaching Principles, Sport First Aid, and Coaching [Sport] Technical and Tactical Skills to meet the Florida Department of Education Athletic Coaching Certification and Endorsement. Certification is earned by successfully completing the three required online courses and passing each course exam with a score of 80 percent or better.



### **COURSES THAT ARE CONVENIENT, AFFORDABLE, AND EFFECTIVE**

The courses incorporate the anytime-anywhere convenience of online learning. With these three courses, coaches have the flexibility of completing course segments when and where it's convenient for them.

The courses are \$60 per course or less. And more importantly, they meet the requirements for a five-year athletic coaching certificate as defined by the Florida Administrative Code for coaches.

### **WHAT IS THE POLK COUNTY PUBLIC SCHOOLS COACHING CERTIFICATION PROGRAM?**

Online courses available include the following:

- Coaching Principles
- Sport First Aid
- Coaching [Sport] Technical and Tactical Skills in one of the following sports:
  - Baseball
  - Basketball
  - Football
  - Softball
  - Tennis (available July 2010)
  - Additional sport-specific courses may be offered in the near future.
- A separate CPR/first aid course is still required of all coaches applying for a five-year coaching certificate from the Florida Department of Education. The course can be taken locally at the Mark Wilcox Center.

Each course is equivalent to 60 in-service points. The requirement for Florida Coaching Certification is 180 in-service points.

PCPS will provide reimbursement to coaches for tuition costs upon completion of all requirements of the online certification and endorsement courses, plus three years of additional coaching service to the Polk County School District.

Upon completion of each course, coaches have the ability to print a certificate of completion from the Web site and provide this as proof to their athletic director.

### **ENROLL TODAY!**

To purchase ASEP online courses, follow these simple steps:

1. Visit the ASEP Web site at [www.ASEP.com](http://www.ASEP.com);
2. Click on Partner Organizations from the Quick Clicks menu on the home page;
3. Select Polk County Public Schools (FL) from the alphabetical listing of partners;
4. Select the course you wish to purchase and click Add to Cart;
5. Complete the site-registration form to create your account;
6. Obtain your identification number through the Web site;
7. Proceed through the checkout process.

**[WWW.ASEP.COM](http://www.ASEP.com)**

## ONLINE COURSES OFFERED

Drawing from the text *Successful Coaching*, written by ASEP founder Rainer Martens, Ph.D., Coaching Principles provides coaches with essential instruction on the principles of coaching, behavior, teaching, physical training, and management. Coaching Principles is the study of the fundamentals of being a successful coach—before even stepping on the playing field.

Through this course, students are challenged to:

- Define who they are as coaches (their coaching philosophy, objectives, and style);
- Enhance communication and motivational skills;
- Become more effective teachers and trainers;
- Improve team, relationship, and risk management skills.



Coaching Principles • \$60

According to National Athletic Trainers Association statistics, more than half of sports injuries occur during practice, rather than on game day. Sport First Aid is designed to help coaches learn the skills to be a competent first responder to players' injuries and illnesses.

Sport First Aid is different from general first-aid courses in that its focus is on dealing with the injuries and illnesses a coach can expect to encounter on the playing field:

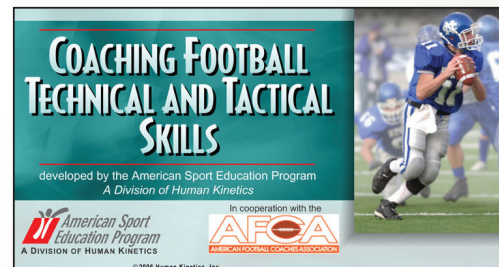
- Develop basic knowledge of sport injuries;
- Recognize common sport injuries;
- Administer appropriate first aid.



Sport First Aid • \$50

From these online courses, coaches gain a solid understanding of sport-specific technical and tactical skills in order to teach these skills effectively, as well as two options for how to teach them: the traditional approach and the games approach.

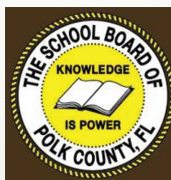
An additional feature of the courses is the groundbreaking Dartfish video analysis technology, allowing students to view key technical skills frame-by-frame. Coaches will also gain valuable insight on developing practice and season plans and coaching on game day. Courses for baseball, basketball, football, and softball are available now.



Coaching Technical and Tactical Skills • \$49.95

For more information, contact:

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