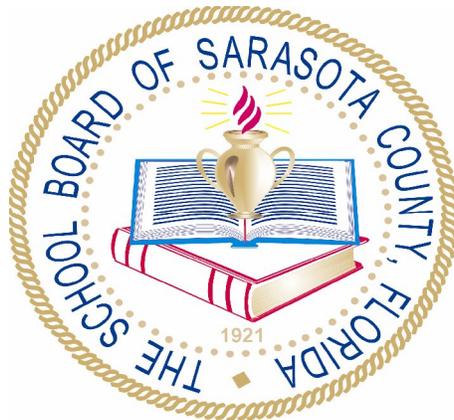


# SARASOTA COUNTY SCHOOL DISTRICT

## ATHLETICS

### COACHING ENDORSEMENT PLAN



*Dr. Gary Norris, Superintendent*

*Jennifer G. Smith, Director Curriculum & Instruction*

*Jim Clark, Supervisor of Athletics*

May 1, 2007

COACHING ENDORSEMENT  
TABLE OF CONTENTS

I.	Introduction.....	2
II.	Rationale.....	2
III.	Program Objectives.....	3
IV.	Program Requirements.....	3
V.	Program Admission Requirements.....	4
VI.	Instructional Delivery.....	5
VII.	Program Completion.....	5
VIII	Program Forms.....	6-8
IX.	Evaluation.....	9
X.	Inservice Components.....	9-18

## **ATHLETIC\_COACHING ENDORSEMENT PROGRAM**

### **I. INTRODUCTION**

1. Present times have aroused the concerns of many educators to address athletic coaching as a coverage on the Florida Teacher's Certificate and more specifically, the Athletic Coaching Endorsement as a requirement.
2. Teachers who wish to acquire the Athletic Coaching Endorsement must have at least 3 semester hours in three major areas: Sports Medicine; Sports Specific, and Coaching Theory. In addition, they must hold CPR certification by either the American Heart Association or American Red Cross.
3. Teachers who are certified in Physical Education will have met required training while earning their degree.
4. They will need to verify by transcript that they have met the requirement to receive the endorsement. The endorsement is a one time requirement and does not have to be renewed as other subject areas.
5. Only teachers not certified in Physical Education who wish to coach at the middle school or high school level will need to earn the credit.
6. Participants must each acquire 60 inservice points (or 3 semester hours) in each of the major areas for a total of 180 inservice points (or 9 semester hours).

Thus, the following program is designed to provide those teachers not certified in Physical Education and assigned to coach an athletic sport with specific training to increase their knowledge of managing, teaching, coaching, and supervising students in athletic activities.

### **II. RATIONALE**

Florida Statute 1012.55(2) mandates that individuals rendering services as athletic coaches in any public school in any district hold a valid temporary or professional certificate or an athletic coaching certificate.

Florida State Board Rule, 6A-4.0282 "Specialization Requirements for the Endorsement in Athletic Coaching—Academic Class," requires that the individual receiving a certification Endorsement in Athletic Coaching meet the following requirements:

1. Certification in another subject, and
2. 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.
3. A valid cardiopulmonary resuscitation certificate issued by the American Heart Association or the American Red Cross.

*Specific Authority 1001.02, 1012.55, 1012.56 FS. Law Implemented 1001.02, 1012.54, 1012.55, 1012.56 FS. History – New 12-4-89, 10-26-2005.*

### **III. PROGRAM OBJECTIVES**

The objective of this program is to develop and increase the competencies of those employees who are responsible for the physical and social development of district youth who are involved in athletic competitions.

This program will provide inservice for all coaches with less than ten (10) years of experience in three (3) major areas:

1. Care and Prevention of Athletic Injuries – (60 points)
2. General Coaching Theory – (60 points)
3. Sport Specific Component (Individual Sport) – (60 points)

The specific competencies to be gained by program participants are identified in the inservice components within this plan.

### **IV. PROGRAM REQUIREMENTS**

Teachers endeavoring to add the coaching endorsement to the Florida Educator's Certificate must earn a total of 180 inservice points (equivalent to 9 semester hours of college credit) by successfully completing the prescribed set of inservice components included in this program:

1. Care and Prevention of Athletic Injuries – (60 points)
2. Coaching Theory – General – (60 points)
3. Sport Specific Component (Individual Sport) – (60 points)

In addition, program completers will obtain a valid cardiopulmonary resuscitation certificate issued by the American Heart Association or the American Red Cross.

Major Topics to be addressed under Care and Prevention of Athletic Injuries:

- Nutrition
- Injury Recognition
- Injury Treatment (selection)
- General First Aid Training
- Emergency Planning
- CPR Training
- Injury Counseling
- Rehabilitating and Reconditioning Techniques
- Injury Prevention
- Inservice Training
- Substance Abuse
- Health – Related Policies
- Mental Health
- AIDS
- Communicable Diseases
- Sports Medicine

Effects and dangers of drug use  
Effects and dangers of performance enhancing drugs

Major Topics to be addressed under the Sports-Specific Component:

Liability  
FHSAA / State policies  
Characteristics of Student Athletes  
Stress Management  
Motivation  
Communications  
Skill Progression  
Training Programs  
Coaching Philosophy  
Teaching Sport Skills  
Time Management  
Managing Parents  
Ethics  
Prop. 42/48  
Athletic Organization  
Practice / Seasonal Planning  
Budget  
Public Relations  
Student Rights  
Test Liability  
Growth Development  
Evaluation of Program

Major Topics to be addressed under General Coaching Theory:

Legal Aspects  
Human Growth and Development  
Psycho-Social Development  
Bio-Physiological Foundations  
Sports Management Instruction

## **V. PROGRAM ADMISSION REQUIREMENTS**

1. Employed as a teacher and/or an athletic coach in Sarasota County Schools
2. Possess a current Florida Educator's Certificate in one of the academic subject areas
3. Recommendation by Principal

## **VI. INSTRUCTION DELIVERY MODEL**

The Coaching Endorsement Program will be provided through an inservice program of three (3) inservice training components worth sixty (60) inservice points each. Workshops of ten (10) and thirty (30) hours will be designed and provided in the school district and throughout the state. Participants will be offered various delivery models including online, face-to-face, and college coursework. All professional development will be delivered using the NSDC standards.

The Coaching Endorsement Inservice activities for Sarasota County employees will be directed by Jim Clark, Supervisor of Athletics.

## **VII. PROGRAM COMPLETION**

### Inservice Credit:

Successful completion of 180 inservice point/hours, consistent with the Program Requirements section of this document, as indicated by district inservice records, shall constitute program completion. The district Staff Development Office will submit documentation to the district's Certification Office as verification of the participant's inservice credit documentation being used to add the coaching endorsement to his/her Florida Educator's Certificate.

### College Credit:

Successfully completed college course work may be transferred into this endorsement program. Courses to be transferred must each be equivalent to a minimum of 60 inservice points (3 semester hours) and must match Program Requirements in section IV of this document. Candidates for the coaching endorsement must complete and submit a written request to the Athletic Supervisor with a current teacher certificate showing certification in an academic subject area. An official college transcript must be forwarded to the Supervisor of Athletics if the applicant is transferring college course credit.

The Athletic Supervisor has been designated by the Superintendent to review the transfer of college credit request and assess the appropriateness of each transfer into the endorsement program. (The director or designee of Staff Development Department will also review and act on each of these requests for transfer of credit.)

Individuals seeking the addition of the coaching endorsement to their Florida Educator's Certificate shall confer with the District's Athletic Supervisor's Office regarding the formal application process to the Florida Department of Education.

Individuals must complete 3 course competencies of athletic coaching and show valid proof of CPR and First Aid certification by American Red Cross or American Heart Association.

## **VIII. PROGRAM FORMS**

1. Verification of Inservice Points
2. Transfer of College Credit

**SARASOTA COUNTY SCHOOL DISTRICT  
 VERIFICATION OF INSERVICE POINTS  
 FOR ADD-ON COACHING ENDORSEMENT  
 (TO BE SUBMITTED BY APPLICATION AFTER COMPLETION)**

1. Name \_\_\_\_\_
2. School \_\_\_\_\_
3. Social Security Number \_\_\_\_\_
4. State Department of Education Number \_\_\_\_\_
5. Points on File
 

1 _____	Sports Medicine	51002200
2 _____	Sports Specific	51003200
3 _____	Coaching Theory	51004200

College credit may be substituted for any of the above components for which the course descriptions match the Sarasota County Master Inservice Plan Components.

6. Verification of Requirements

<u>Points Required</u>	<u>Points Verified</u>	<u>Points Deficient</u>
Sports Medicine (60 points)	_____	_____
Sports Specific (60 points)	_____	_____
Coaching Theory (60 points)	_____	_____
Total Required (180)	_____	_____

\_\_\_\_\_ Date \_\_\_\_\_ Office of Human Resource Development Verification

FOR USE BY PERSONNEL OFFICE

Status of Application:

\_\_\_\_\_ Sent to Florida Department of Education \_\_\_\_\_ Returned for Additional Verification

Date \_\_\_\_\_ By \_\_\_\_\_

**SARASOTA COUNTY SCHOOL DISTRICT  
TRANSFER OF COLLEGE CREDIT  
COACHING ENDORSEMENT**

1. Name \_\_\_\_\_
2. School \_\_\_\_\_
3. Social Security Number \_\_\_\_\_
4. State Department of Education Number \_\_\_\_\_

The attached college transcripts are submitted as part of the coaching endorsement program. These courses meet the requirements of the following component(s) in the approved Sarasota County for Coaching Endorsement Program.

	<u>Component/Title</u>	<u>College Course Title</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
_____		_____
	Supervisor	Date
_____		_____
	Coordinator	Date
_____		_____
	Participant's Signature	Date

FOR USE BY PERSONNEL OFFICE

\_\_\_\_\_ No. Points Approved      \_\_\_\_\_ No. Points Not Approved

Comments: \_\_\_\_\_  
\_\_\_\_\_

Date \_\_\_\_\_ Director or Designee \_\_\_\_\_

## **IX. PROGRAM EVALUATION**

This program is designed to provide those teachers not certified in Physical Education and assigned to coach an athletic sport with specific training to increase their knowledge of managing, teaching, coaching, and supervising students in athletic activities. The evaluation process will be done in two parts, process evaluation and product evaluation.

1. Process Evaluation will be done with an instrument designed to collect data concerning the program admission requirements, and management procedures
2. Product Evaluation will be done with observations and interviews with the Supervisor of Athletics and school based administrators.

These two processes will provide significant input for program decisions.

## **X. INSERVICE COMPONENTS**

Master Inservice Plan Components have been developed for use in this Athletic Coaching Endorsement Program. These components are written according to State Board Rule 6A-5.071, FAC with evaluation designed according to Florida Statute 1012.98.

Following are the inservice components to be used in meeting the requirements for the Sarasota County School District Athletic Coaching Endorsement.

**51001900**  
**Title: Sports Medicine**  
**Personnel: Athletics Coaches**  
**Points: 10 to 60**

**GENERAL OBJECTIVE:**

To acquire additional knowledge and skills in care and prevention of athletic injury so that the participant will be able to deal with injury detection, treatment, prevention, rehabilitation, reconditioning, and counseling.

**SPECIFIC OBJECTIVES:**

Participants will be able to:

1. Demonstrate thorough knowledge of athletic nutrition and ability to advise athletes concerning nutrition
2. Identify skills needed to recognize athletic injury.
3. Display abilities in selection of appropriate athletic injury treatment modalities.
4. Identify appropriate first aid emergency planning and care procedures
  - a. Cardiopulmonary resuscitation and related activities
  - b. Unconscious athlete treatment and care
  - c. Care of suspected head, neck, and spine injured athletes
  - d. Consideration of other life-threatening circumstances.
5. Distinguish between the acceptable and unacceptable selections and usage of rehabilitation and reconditioning techniques.
6. Demonstrate an understanding of athletic injury counseling methodology.
7. Show evidence of knowledge of an application for playing conditions and for athletic facilities in order to facilitate injury prevention and enhance athletic performance.
  - a. Selection of appropriate athletic uniforms
  - b. Protective equipment
  - c. Sanitary maintenance of the equipment and uniforms
8. Identify accepted methods for conducting inservice training.
9. Demonstrate an understanding of athletic injury reporting systems
10. Identify major characteristics of illegal substance use problems; recommend/refer identified athletes appropriately.

11. Demonstrate knowledge of appropriate health related policies and procedures.
  - a. Parental medical consent.
  - b. Establish policy/guidelines regarding health of athletes
  - c. Referral procedures.
  - d. Medical examinations.
  - e. Knowledge of rule/importance of athletic trainer.
  - f. On-call physician
12. Maintain currency in the field.
13. Exhibit a basic understanding of anatomy and physiology as related to sports medicine.
14. State the importance of a knowledge of sports medicine as a lifelong activity.
15. Describe the functions of the circulatory and respiratory systems as related to exercise and sports.
16. Define and plan pre-season and post-season conditioning schedules.
17. Define and describe the need for proper warm-up and cool-down activities.
18. Describe and demonstrate the proper method for transporting an injured person by stretcher, wheelchair or improvised procedure.
19. Describe and demonstrate techniques of taping and wrapping.
20. Exhibit an understanding of anatomy and physiology of the human body as related to athletic injury.
21. Identify major characteristics of dangers and the effects of drug use and performance enhancing drugs
22. Demonstrate proficiency in cardiopulmonary resuscitation and first aid\_CPR and First Aid certification will be awarded by American Red Cross or American Heart Association.

### **DESCRIPTION OF ACTIVITIES.**

Activities shall focus on methods, techniques, and recommended operational procedures by certified trainers and physicians. Delivery will be through lectures, demonstrations and individual/group applications. Activities will include, but not limited to:

1. Application of standard first aid
2. Cardiopulmonary resuscitation
3. Taping and wrapping techniques
4. Conditioning and rehabilitation methods
5. Anatomy and physiology as related to sports medicine
6. Conference/seminars

**PARTICIPANT EVALUATION**

Participants must show improvement on at least 80% of specific objectives as reflected by pre and post tests to satisfactorily complete this activity.

**WORKSHOP EVALUATION**

Sarasota County Teacher Education Center Evaluation Form

**PERSON RESPONSIBLE FOR EVALUATION**

Supervisor of Athletics or Designee

**CONTACT PERSON**

Supervisor of Athletics or Designee

**51003900**  
**Title: Sports Specific**  
**Personnel: Athletics Coaches**  
**Points: 10 to 60**

**GENERAL OBJECTIVE:**

To acquire additional knowledge, methods, trends, and skill application in the coaching of a selected interscholastic sport.

**SPECIFIC OBJECTIVES:**

Participants will be able to:

1. Identify the importance of a selected interscholastic sport as a lifelong activity.
2. State the importance of a selected interscholastic sport as a part of our culture.
3. Identify the rules and terminology used in a selected interscholastic sport.
4. Identify the strategies of a team and/or individual play in a selected interscholastic sport.
5. Identify the strategies of individual position plays in a selected interscholastic sport.
6. Exhibit a knowledge of safety practices necessary to participate in a selected interscholastic sport.
7. State the physical fitness value derived from participation in selected interscholastic sports.
8. Identify the skills necessary to participate in selected interscholastic sports.
9. State the social skills derived from participation in selected interscholastic sports.
10. Identify positive sportsmanship techniques and participate in selected interscholastic sports.
11. Identify new methods and techniques for more effective coaching in selected interscholastic sports.
12. Identify innovative methods of organizing and administering a selected interscholastic sport.
13. Identify national, state, local policy revisions that will effect the administering of a selected interscholastic sport.

14. Exhibit a basic understanding in the recognition, treatment, and evaluation of athletic injuries in selected interscholastic sports.
15. Exhibit a basic understanding and knowledge of sport medicine as it pertains to selected interscholastic sports.
16. Exhibit a positive attitude toward sport, both as a participant and as an observer.
17. Demonstrate how the health-related components of physical fitness are increased through the application of training principles.
18. Describe and demonstrate fundamental techniques used in a selected sport.
19. Describe and demonstrate strategies utilized in a selected sport
20. Identify historical facts relative to the origin and development of a modern day selected sport.

### **DESCRIPTION OF ACTIVITIES**

Activities will include but not limited to the following:

1. Strategies of play
2. Skill acquisition
3. Sport assessment
4. Sport improvement
5. Sport organization and management
6. Safety procedures
7. Sportsmanship/social values
8. Conference/seminars

### **PARTICIPANT EVALUATION**

Participants must show improvement on at least 80% of specific objectives as reflected by pre and post tests to satisfactorily complete this activity.

### **WORKSHOP EVALUATION**

Sarasota County Teacher Education Center Evaluation Form

### **PERSON RESPONSIBLE FOR EVALUATION**

Supervisor of Athletics or Designee

### **CONTACT PERSON**

Jim Clark, Supervisor of Athletics

**51002900**  
**Title: Coaching Theory**  
**Personnel: Athletics Coaches**  
**Points: 10 to 60**

**GENERAL OBJECTIVE:**

To acquire additional knowledge, methods, skill application that will improve coaching effectiveness.

**SPECIFIC OBJECTIVES:**

Participants will be able to:

1. Demonstrate proficiency in understanding tort liability in athletics.
  - 1.) Knowledge of adequate care.
  - 2.) Understanding of proper supervision
2. Understand the constitutional rights of student athletes.
  - 1.) Identify ethnic or other discriminations.
  - 2.) Identify appropriate disciplinary techniques.
  - 3.) Decision-making strategies in eliminating athlete(s) from the team
3. Identify minimum necessary athletic insurance coverage(s)
4. Recognize and adhere to appropriate state and local policy and procedure regulations.
5. Understand contractual law as applied to athletic coaching.
6. Be cognizant of appropriate coach/athlete interpersonal relations.
7. Be aware of legal precedents and actions in athletic coaching.
  - 1.) Sexual misconduct
  - 2.) Sexual harassment
  - 3.) Assault/battery
8. Maintain courtesy in field.
9. Demonstrate an understanding of the characteristics of student athletes.
  - 1.) Normative differences in chronological age.
  - 2.) Maturational differences
  - 3.) Readiness:
    - a. to learn
    - b. to train
    - c. to compete

10. Distinguish the experiences appropriate for student athletes at various stages of growth and development.
11. Determine individualized, age appropriate, non-injurious training methods for student athletes.
12. Maintain currency in field.
13. Understand the psychological aspects of athletic coaching.
  - 1.) Identify instructional and humanistic coaching skills that assist student athletes to develop appropriate self-perceptions.
  - 2.) Identify instructional and humanistic coaching skills that enhance appropriate and constructive peer interactions.
  - 3.) Demonstrate ability to recognize and take appropriate actions relative to problems among student athletes:
    - a. deficit academic performance
    - b. inappropriate behavior/appropriate corrective measures
    - c. inability to get along with others
    - d. inappropriate behaviors occurring outside the athletic context
    - e. substance abuse
    - f. depression
    - g. burnout
    - h. child abuse
    - i. suicidal tendencies
14. Demonstrate proficiency in the use of appropriate motivational techniques for the athletes.
  - 1.) Awareness of performance enhancement techniques
    - a. visualization
    - b. stress reduction/relaxation
    - c. attentional focus
  - 2.) Identify appropriate techniques for use in monitoring personal emotional self-control in all athletic coaching situations.
  - 3.) Determine personal physical/emotional status of well being as athletic coach.
  - 4.) Understand skills in effective interpersonal communication with athletes, parents, other coaches, and administrators, other members of the school community, the media, and the pupils at large.
  - 5.) Identify available/suitable professional resources for athletic counseling.
15. Demonstrate current knowledge of normal human anatomical feature and abnormal deviations.
16. Identify knowledge of biomechanical principles appropriate to athletic coaching.
  - 1.) Demonstrate understanding of physics principles which form the basis of skills acquisition.

- 2.) Demonstrate knowledge of biomechanical concepts as applied in athletic coaching
17. Demonstrate knowledge of exercise physiology as it relates to athletic coaching.
    - 1.) Understand training program(s) for a sport and demonstrate the ability to implement appropriate program(s)
    - 2.) Knowledge of appropriate environmental conditions and their effects on training and learning (e.g., temperature, humidity, lightning)
  18. Demonstrate understanding of body composition factors related to athletic performance potential.
    - 1.) Body weight as it affects performance.
    - 2.) Body fat percentage related to conditioning
  19. Maintain currency in the above subjects.
  20. Understand theoretical principles and strategies for successful athletic coaching
  21. Understanding managerial skills in use of equipment, facilities, and employment of personnel.
  22. Demonstrate knowledge of evaluation techniques.
    - 1.) Personnel
    - 2.) Program
  23. Demonstrate ethical behaviors and decision making about personal relations with others.
  24. Demonstrate knowledge of sound instructional strategies in athletic coaching.
    - 1.) Philosophy of program (Goals and Objectives).
    - 2.) Initial pre-assessment
    - 3.) Instructional Approaches:
      - a. Plan content.
      - b. Develop procedures
      - c. Identify and use of instructional resources
    - 4.) Coaching the activities
    - 5.) Evaluation of students and Program Effectiveness
    - 6.) Feedback
    - 7.) Redesign of program as appropriate

### **DESCRIPTION OF ACTIVITIES**

Activities will include but not limited to the following:

- 1.Strategies of play
- 2.Skill acquisition
- 3.Sport assessment
- 4.Sport improvement

- 5.Sport organization and management
- 6.Safety procedures
- 7.Sportsmanship/social values
- 8.Conference/seminars

### **PARTICIPANT EVALUATION**

Participants must show improvement on at least 80% of specific objectives as reflected by pre and post tests to satisfactorily complete this activity.

### **WORKSHOP EVALUATION**

Sarasota County Teacher Education Center Evaluation Form

### **PERSON RESPONSIBLE FOR EVALUATION**

Supervisor of Athletics or Designee

### **CONTACT PERSON**

Jim Clark, Supervisor of Athletics