

# COACHES EDUCATION PROGRAM

## *Why Coaches Education?*

Interscholastic athletic programs in South Dakota are an extension of the classroom. Athletics have been valued in our society for teaching traditional American values such as competition (achievement, motivation), sportsmanship (ethical behavior), leadership and building character. Competition is highly valued because through competitive experiences in sports, young people can develop ethical behavior. They can learn a basic code of sportsmanship that transfers to a moral code for living. In competitive sports, where winning is a valued prize, opportunities for making moral decisions reflecting fairness, integrity and sense of ethics often occur.

The development of young people with quality leadership skills has always been an important goal of sports. Young people must understand that every member, regardless of skill or talent, has a role to play in a successful team effort. No one wins or loses alone. It takes skilled coaches to counteract a message popularized by the media that it is the “star” that makes a team successful.

At the heart of the high school sports experience is the quality of coaching provided to student athletes. A key element of having high quality coaching is ensuring that coaches have proper and ongoing training.

Young people will experience the positive outcomes of athletic participation only if they have a qualified coach. A well-qualified coach knows how to plan dynamic practice sessions, teaches sound fundamentals with good learning progressions and plans training programs appropriate for the sport. Successful coaches communicate with their athletes effectively and understand the kind of positive motivational approaches that result in achievement. Athletes who receive good coaching will also be injured less frequently. As a consequence, they will have more opportunities to experience the excitement and receive the positive values of athletic competition, while performing at their best possible level.

## *SDHSAA Coaches Education Program*

The table below shows the SDHSAA coaches education requirements for all high school coaches as required by the Activities Association and/or South Dakota State Codified Law (SDCL).

The only exception to these rules is as follows: Individuals who graduate from an accredited education program and obtain a teaching certificate from the South Dakota Department of Education which includes a Coaching Endorsement pursuant to SDCL 24:15:06:32 will have a five-year grace period to complete the requirement of the NFHS Fundamentals of Coaching course. This course must be completed prior to beginning coaching duties within five calendar years from the date of graduation.

To register for the online courses, please go to the <https://nfhslearn.com>. Course registration and payment of fees will be completed online and made payable to the NFHS. Course materials will be received from the National Federation.

**Required course work must be completed prior to the individual beginning their coaching responsibilities.**

## Required [NFHSLearn.com](http://NFHSLearn.com) Courses

Sport	Coach Position	* <a href="#">Fundamentals of Coaching</a> - \$35	# <a href="#">First Aid, Health, and Safety</a> - \$35	^ <a href="#">Concussion in Sports</a> - FREE	^ <a href="#">Heat Illness Prevention</a> - FREE	% <a href="#">AACCA Spirit Safety Certification</a> - \$75	* <a href="#">Understanding Copyright and Compliance</a> - FREE
ATHLETIC DIRECTOR		No	No	No	No	No	Yes
BASKETBALL	Head	Yes	Yes	Yes	No	No	No
	Assistant/Volunteer	Yes	Yes	Yes	No	No	No
COMPETITIVE CHEER	Head	Yes	Yes	Yes	Yes	Yes (if stunting)	Yes
	Assistant/Volunteer	Yes	Yes	Yes	Yes	No	No
COMPETITIVE DANCE	Head	Yes	Yes	Yes	Yes	Yes	Yes
	Assistant/Volunteer	Yes	Yes	Yes	Yes	No	No
CROSS COUNTRY	Head	Yes	Yes	Yes	Yes	No	No
	Assistant/Volunteer	Yes	Yes	Yes	Yes	No	No
FOOTBALL	Head	Yes	Yes	Yes	Yes	No	No
	Assistant/Volunteer	Yes	Yes	Yes	Yes	No	No
GOLF	Head	Yes	Yes	Yes	Yes (Fall only)	No	No
	Assistant/Volunteer	Yes	Yes	Yes	Yes (Fall only)	No	No
GYMNASTICS	Head	Yes	Yes	Yes	No	No	No
	Assistant/Volunteer	Yes	Yes	Yes	No	No	No
SIDELINE CHEER	Head	Yes	Yes	Yes	Yes (Fall only)	Yes (if stunting)	No
	Assistant/Volunteer	Yes	Yes	Yes	Yes (Fall only)	No	No
SOCCER	Head	Yes	Yes	Yes	Yes	No	No
	Assistant/Volunteer	Yes	Yes	Yes	Yes	No	No
TENNIS	Head	Yes	Yes	Yes	Yes (Fall only)	No	No
	Assistant/Volunteer	Yes	Yes	Yes	Yes (Fall only)	No	No
TRACK & FIELD	Head	Yes	Yes	Yes	No	No	No
	Assistant/Volunteer	Yes	Yes	Yes	No	No	No
VOLLEYBALL	Head	Yes	Yes	Yes	Yes	No	No
	Assistant/Volunteer	Yes	Yes	Yes	Yes	No	No
WRESTLING	Head	Yes	Yes	Yes	No	No	No
	Assistant/Volunteer	Yes	Yes	Yes	No	No	No

\* - denotes course must be completed only once

^ - denotes course must be renewed every year

# - denotes course must be renewed every 2 years

% - denotes course must be completed only once per SDHSAA requirement, must be renewed every 4 years for continued liability insurance coverage

## ***Continuing Education***

All Coaches Education courses have been approved by the South Dakota Department of Education for application toward Continuing Education Units (CEUs) for certificated teachers. Please visit the [Department of Education's website](#) for more information, as well as access to the appropriate paperwork. To view the clock hours for Department of Education credit, please click [here](#).

## ***Graduate Credit***

Through a partnership with the University of Sioux Falls (USF) and the SDHSAA, any individual who completes the NFHSLearn.com "Fundamentals of Coaching" and "First Aid, Health, and Safety" courses is now eligible to earn one semester hour of graduate credit through USF in addition to meeting the SDHSAA/DOE guidelines for coaching requirements.

By registering with USF through their workshop/outreach program, this one semester hour of graduate credit can be obtained for a fee of \$45.00 payable to USF. This fee is paid directly to USF and covers their expense; no financial gain is realized by any other organization, including the SDHSAA or NFHS. For more information or to register for the graduate credit, please visit <https://reach.usiouxfalls.edu/modules/shop/index.html?action=section&OfferingID=1012&SectionID=1890>.

The University of Sioux Falls and the SDHSAA have extended their partnership to allow for any coach or educator to work on additional graduate credit offerings through the courses listed on NFHSLearn.com. This credit is “above and beyond” the opportunity for a graduate credit earned for the completion of “Fundamentals of Coaching” and “First Aid, Health, and Safety” courses that is still being offered.

Individuals now have the opportunity to earn one semester hour of graduate credit through USF for the completion of ANY 15 clock-hours worth of course completions through NFHSLearn.com. This clock hour option simply allows students to complete further continuing education opportunities through NFHSLearn.com, including those that are free of charge, and earn graduate credit for doing so. A listing of clock hours by course offering can be found [here](#).

For more information on how to register for the additional graduate credit option, please visit the USF website at <https://reach.usiouxfalls.edu/modules/shop/index.html?action=courseBrowse&TagID=95>.