



Arkansas Activities Association  
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**Arkansas Activities Association adopts *NFHS Fundamentals of Coaching*  
and *First Aid for Coaches* Courses for  
AAA Coaches Education Program**

**Courses are endorsed by the National Interscholastic Athletic Administrators Association  
and National Association of Secondary School Principals**

The ***NFHS Fundamentals of Coaching Course*** provides a unique, student-centered curriculum for interscholastic coaches, assisting them in creating a healthy and age-appropriate sport experience that supports the academic mission of the 18,500 schools from NFHS member associations.

<b><u>Units</u></b>	Unit 1	Educational Athletics and the Role of the Coach
	Unit 2	The Coach as Manager
	Unit 3	The Coach and Interpersonal Skills
	Unit 4	The Coach and Physical Conditioning
	Unit 5	The Coach as Teacher

The ***First Aid for Coaches Course*** teaches American Red Cross first aid in the context of sport and the prevention of sport-related injury. The participant will learn about becoming a more responsible coach and safely returning the athlete to play.

<b><u>Units</u></b>	Unit 1	Coaching Responsibilities and Injury Prevention
	Unit 2	Preventing Disease Transmission
	Unit 3	First Aid
	Unit 4	Breathing Emergencies
	Unit 5	Prevention and Care for Specific Injuries
	Unit 6	Sudden Illness

**About the Courses**

- Developed with and for interscholastic teacher/coaches and athletic administrators.
- Developed to meet state association requirements for coaching (except football, basketball and track).
- 4 to 6 hours (Coaching Fundamentals) or 3 to 4 hours (Sport First Aid) average time for online completion.
- Participants will have 365 days from the date of purchase to complete and review the courses; **however**, required courses must be successfully completed and other requirements in place before an individual is eligible to coach interscholastically.

**How to Get Started**

Go to the AAA website: [www.ahsaa.org](http://www.ahsaa.org) and select the Coaches Education page. Entry to course information and registration is through "Online Course Information". A credit card must be used to purchase courses. Cost is \$60 each.