

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

**Revised “Fundamentals of Coaching” Course Now Available
on NFHS Learning Center**

FOR IMMEDIATE RELEASE

Contact: Dan Schuster

INDIANAPOLIS, IN (July 25, 2017) — The National Federation of State High School Associations (NFHS) is continuing its commitment to coaches education with a revision to the flagship “Fundamentals of Coaching (FOC)” course through the NFHS Learning Center at www.NFHSLearn.com.

The NFHS “Fundamentals of Coaching” course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation’s schools.

With a revised look and new content, the FOC course includes additional facts on concussions that dispel the “play through pain” attitude, as well as information on the importance of sleep, social media, the value of stretching, practice methods, and appearance- and performance-enhancing substances. The revision also includes a new teachable moment video featuring concussion return-to-play protocol.

“Fundamentals of Coaching continues to be our flagship coaching course and continues to be the best resource we can give our high school coaches so that they can best serve the millions of young people who participate in interscholastic programs nationwide,” said Dan Schuster, NFHS Director of Educational Services.

The NFHS is also expanding its services of online education courses to officials, students, administrators, parents and music adjudicators in an effort to reach all groups involved with education-based activity programs.

Fundamentals of Coaching along with *First Aid, Health and Safety* were the inaugural courses on the NFHS Learning Center. In that time, more than 525,000 Fundamentals of Coaching courses have been delivered across the country. The NFHS Learning Center now offers more than 50 online courses, including more than 20 free courses. Since the launch of www.NFHSLearn.com in 2007, the NFHS has delivered more than 4.5 million courses.

This press release was written by Marisa Miller, a 2017 summer intern in the NFHS Publications/Communications Department. She is a junior journalism and English major at Butler University.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.8 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at www.nfhs.org.

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