



**PE Central Professional Development – Online Courses**  
**Enroll Now:** [ssww.teachable.com](http://ssww.teachable.com)

**Course:** Coaching Issues and Principles

**Course Dates:** Oct. 1, 2018 – Dec. 2, 2018 (8 weeks)

**Pre-registration Dates:** through Sept. 27, 2018

**Costs:** \$359.00 + \$70 for book, plus \$165 if choosing to get graduate credit.

**College Credit:** Optional 3 graduate credits from Adams State University, Alamosa, CO. You will register with ASU and the extra cost is \$165 (\$55 per credit hour) payable to ASU

**Instructor:** Dr. Lisa Witherspoon, Consultant, Valrico, FL

**Who Should Take:** Anyone interested in learning to coach more effectively.

**Required Text:** [Successful Coaching](#), 4th Edition by Rainer Martens (ISBN 978-1450400510)  
Must purchase here: [http://www.asep.com/asep\\_content/org/PECENTRAL.cfm](http://www.asep.com/asep_content/org/PECENTRAL.cfm)

**Course Purpose/Description:** This 8-week course is an introduction to the coaching profession. The emphasis of this course will target coaching at a variety of levels including youth sports, high school sports, intercollegiate sports, etc. The goal of the course is to develop and enhance students' knowledge and understanding of concepts and techniques of coaching and their application to achieving important objectives in working with athletes. The course combines sport science theory and research with the practical knowledge and methods of expert coaches. Principles and practical applications are presented and explained for the various dimensions of coaching. Upon completion and a score of 80% or higher on the final exam, students will receive a National Certification in Coaching through American Sport Education Program (ASEP). The certification is not required to pass the course.

**Benefits:**

- Flexibility - Complete assignments at your own pace during the week
- Earn college graduate credit from the comfort of your own home
- Put credit towards your teacher licensure renewal (check with PD Coordinator)
- Affordability – Total for entire course including text and optional credits is under \$600

**What you will get out of the course:**

\* Certificate of Completion and optional 3 graduate credits are available from Adams State University. ASU admission is not required, just register and pay for credit with Web link provided during course. If score on final is 80% or higher receive Nat'l Certification in Coaching through ASEP

**What you need to take the course:**

- The textbook, access to a sporting event to view, a computer, smart phone or a tablet. Access to the Internet using a computer/tablet and ability to view videos, PDF and Microsoft Word and PowerPoint documents. You will **not** need access to any students or children to complete the course.

**To Learn More Contact Mark Manross at PE Central**

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