

## Coaches Advancement Program

Students will have the opportunity to take the Coaches Advancement Program (CAP) beginner, intermediate, and advanced certification recipients through the NMU Athletic Coaching Education major and minor. Students in the PE 340 Principles of Coaching course are able to earn three levels of coaching certifications through the Michigan High School Athletic Association (MHSAA) CAP program, which demonstrates minimum competence in the basic skills of coaching sports in compliance with the MHSAA guidelines, as well as an Advanced Coaching Certification.

As a result of instruction and practical experiences, students upon completion of the NMU Coaching curriculum will be able to demonstrate knowledge and competence in the following areas of coaching:

<b>Beginning/Intermediate Certification</b>	<b>Advanced Certification</b>
<ul style="list-style-type: none"> <li>• <i>Developing a personal coaching philosophy</i></li> <li>• <i>Proper goal setting strategies for individuals, teams, programs</i></li> <li>• <i>Developing core values, program vision, team culture</i></li> <li>• <i>Long and short term planning, season/off-season/daily practice plan</i></li> <li>• <i>Elements of effective teaching/coaching</i></li> <li>• <i>Foundations of sports medicine and first aid</i></li> <li>• <i>Effective communication for coaches</i></li> <li>• <i>Legal responsibilities and Emergency planning</i></li> <li>• <i>Psychology of Coaching and Motivational Factors</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Progressions and correct teaching techniques for technical sports skills</i></li> <li>• <i>Progressions and correct teaching techniques for tactical sports skills</i></li> <li>• <i>Capacity to prepare for successful coaching experiences</i></li> <li>• <i>Design an appropriate strength and conditioning program for a specific sport setting</i></li> <li>• <i>Understand concepts of healthy living including diet, nutrition, drug usage and satisfactory rest</i></li> <li>• <i>Capacity to control emotions in pressure situations</i></li> <li>• <i>Understanding of conflict resolution in athletic situations</i></li> <li>• <i>Develop an effective coaches resume</i></li> <li>• <i>Understand correct interviewing techniques</i></li> </ul>
<i>CAP 1-2 &amp; CAP 3 Certifications</i>	<i>CAP 4 Certification</i>

Graduates from the NMU Physical Education Coaching major are able to have a greater capacity to compete for interscholastic coaching positions with CAP certifications. School administrators and athletic departments are demanding that coaches within an educational setting come in with the certification and minimum MHSAA coaching competencies to be considered for a position.