

WIAA Professional Growth Requirements

Before the beginning of the third year of coaching, a member school coach (paid or volunteer) must complete a school district approved Coaching Principles training that requires a minimum of five (5) hours of instruction, or complete the NFHS Coaches Fundamentals Course (\$60 – 12 hours), or attend all sessions of the WIAA Coaches School, or other Coaches School as approved by the WIAA or the local school district.

After initial completion, coaches will be required to repeat this training every three (3) years. The training must include a minimum of one (1) hour in each of the following categories (Safe Schools options are in **blue**, NFHS Learn options are in **green** – all are free):

A. Medical aspects of coaching - Health and Welfare

- Care and Prevention of student injury
 - **First Aid/CPR every 2 years (4 hours)**
 - **ACL Injury Preventions (1 hour)**
- Athletic Training/Sports Medicine
- Chemical and Substance Abuse
 - **Steroid and PED Awareness in Athletics (26 minutes)**
 - **Opioid Overdose Response Awareness (18 minutes)**
 - **Prescription Drug and Opioid Abuse (25 minutes)**
 - **Student Drug and Alcohol Abuse (33 minutes)**
 - **Appearance and Performance Enhancing Drugs and Substances (1 hour)**
 - **Understanding Vaping and E-Cigarettes (1 hour)**
- Injury Rehabilitation
- Nutrition
 - **Nutrition Basics (23 minutes)**
 - **Sports Nutrition (3 hours)**
- Kinesiology
- Exercise Physiology

B. Legal Aspects of Coaching - Litigation, Liability

- School Physical Education, Sports, or Athletic Law
 - **Athletic Liability (45 minutes)**
 - **Sports Supervision and Safety (24 minutes)**
 - **Title IX (1 hour)**
- Annual review of rule changes and application of rules
- School Board Policies, WIAA Rules, School Law
 - **Employee Handbook (10 minutes)**
 - **FERPA: Confidentiality of Records (20 minutes)**
 - **What Every Employee Must Be Told (66 minutes)**
 - **What Every Employee Must Be Told: Professional Boundaries With Students (39 minutes)**
 - **Understanding Copyright and Compliance (3 hours)**
- Bullying, Hazing, Harassment
 - **Bullying: Recognition and Response (60 minutes)**

- **Hazing Awareness and Prevention (21 minutes)**
- **Bullying, Hazing and Inappropriate Behavior (2 hours)**

C. Psycho/Social Foundations

- Sociology and Psychology of Sports (adolescent psychology, sports sociology and psychology, motivation, dealing with substance abuse).
 - **Captains Course (3 hours)**
- Philosophy of Interscholastic Activities Programs
 - **Sportsmanship (1 hour)**
- Coaching Techniques
 - **What Every Coach Needs to Know (45 minutes)**
 - **Communication Styles and Skills (11 minutes)**
 - **Conflict Management: Managing The Angry Parent (22 minutes)**
 - **Conflict Management: Student to Student (22 minutes)**
 - **Engaging Effectively With Parents (2 Hours)**
- Instructional methods in physical education/activities
- Instructional methods in physical education for handicapped
- Instructional methods in interscholastic sports
 - **Football Tackling (1 hour)**
 - **Coaching Pole Vault (3 hours)**
- Philosophy/Sports Management/Pedagogy
- Social, Emotional Learning strategies and procedures
- Restorative Practices
- Mental Health
 - **Student Mental Health (20 minutes)**
 - **Self-harm Awareness and Prevention (29 minutes)**
 - **Self-injury and Cutting (23 minutes)**
 - **Student Mental Health and Suicide Prevention (3 hours)**
- Suicide Prevention
 - **Youth Suicide: Awareness, Prevention and Postvention (41 minutes)**

D. Diversity, Equity and Inclusion

- Anti-Racism
 - **Cultural Competence and Racial Bias (18 minutes)**
- Discrimination in Sport / Examining implicit bias
 - **Implicit Bias (1 hour)**
- Gender equity
 - **Title IX and Gender Equity in Athletics (49 minutes)**
- LGBTQ and Gender Identity
 - **Making Schools Safe and Inclusive for LGBTQ Students (36 minutes)**
 - **Making Schools Safe and Inclusive for Transgender Students (18 minutes)**
- Recognizing and eliminating barriers to participation
- Supporting students from diverse backgrounds
 - **Diversity, Equity and Inclusion (DEI) Practices (22 minutes)**
- Supporting students impacted by income disparities
- Unified Sports / Including students with disabilities
 - **Coaching Unified Sports (3 hours)**
 - **Coaching Adapted Sports (3 hours)**