



Business & Professional Development/Coaching – Athletics

Coaching Authorization CBCA-1000

Get out on the field, faster! This state-approved, 55-hour class is for those working towards their coaching authorization in the state of Iowa. Develop your own personal coaching philosophy, design athletic activities within state and national guidelines, learn about risk management and injuries, discuss coaching ethics and coaching styles, and more! You can choose whether to take this as a two-weekend, in-person seminar or a month-long, online course. After successful completion of the program, Kirkwood will email students the transcript that is used to upload with the online state application. It will take approximately four to six weeks after submission of all application components to receive certification from the Iowa Board of Educational Examiners (BOEE).

Ready to learn more? Complete our information form at www.kirkwood.edu/ce_certificatesform or contact a student advisor today at ceadvising@kirkwood.edu or 319-398-5529.

Course List:

Theory and Ethics; Human Body Function; Human Growth and Development; Prevention and Care; Concussion Training

Delivery Method:

Classroom, Online

Length of Program and CEU Credits:

55 hours, 6.6 CEUs

Entrance Requirements/Prerequisites:

Prospective students must be at least 18 years old or older and have a high school diploma. Any applicants that are under 20 years old will need a copy of their high school diploma before the end of the course for submission to the BOEE online application.

Other Items to Know About this Course:

Students will be expected to pay the state application fee (\$85) and a background check fee (\$75) during the class. The following materials will need to be purchased: four rolls of 1½ inch athletic tape and two rolls of prewrap. The state requirement of hands-on CPR training for certification

is not included in this course. Kirkwood offers separate CPR classes to fulfill this requirement, or students can take training through approved organizations such as the American Heart Association or the American Red Cross.

Program Completion Requirements:

This is a pass/fail certificate. Students will need to attend the entire 55 hours of training and pay the background check fee and application fee for successful completion.

Industry Credentials Earned:

Completion of this course counts as the educational component needed to obtain a Coaching Certification for grades K – 12 in the state of Iowa. An application to the BOEE must be submitted that includes a transcript of this program along with proof of current CPR certification.

Pathway to Credit Program:

None

Tuition Assistance:

No

Course Objectives:

- List the qualifications required to obtain State of Iowa Coaching Authorization.
- Apply critical-thinking skills to ethical scenarios.
- Develop a plan to promote positive team behaviors and sportspersonship.
- Develop a personal coaching philosophy.
- Design in-season practices and activities.
- Develop out-of-season activities within state and national guidelines.
- Develop a plan to work with school administrators on budgeting and fundraising.
- Recognize maturational stages of physical, cognitive, and emotional development.
- Apply principles of maturational development to learning activities.
- Recognize physical, emotional, and social risks associated with early specialization in sports.
- Apply the Long-Term Athlete Development model to coaching.
- Recognize key musculoskeletal processes involved in human movement.
- Identify key movements required in sport and the underlying musculoskeletal involvement.
- Recognize impact of nutrition and supplements on musculoskeletal development.
- Design a training program to maximize performance and minimize injury risk for a given sport or activity.
- Recognize injury risks associated with sport participation.
- Implement a risk management approach for injury prevention.
- Recognize signs and symptoms of heat illness, and pass an NFHS-approved Heat Illness/Injury certification.
- Recognize signs and symptoms of concussions, and pass an NFHS-approved Concussion in Sports course.
- Recognize baseline testing and return-to-play protocol for head injuries.
- Apply basic taping/bracing techniques for joint stabilization.

Learning Outcomes:

Upon completion of this program, students will be equipped with proper knowledge that relates to the ethical issues, coaching and theorizing strategies, human anatomy, psychological principles, and injury-reducing components of coaching. Upon completion of this course, a CPR class, and submission of state forms, students will receive certification to coach K – 12 school-sponsored athletics in Iowa as per the BOEE.

Related Information:

www.kirkwood.edu/coaching

LEARN MORE

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Continuing Education
6301 Kirkwood Blvd. SW
Cedar Rapids, Iowa 52404
319-398-5529
www.kirkwood.edu/ce_certificates

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