

Choose **one** course from **each** of these **three** areas in order to become or maintain status as an Advanced Certified Coach for Special Olympics North Carolina.

| 1. Sport Skills and Tactics | | |
|--|---|--------|
| <i>Choose one course from this list. Be sure to send certificate of completion to sports@sonc.net.</i> | | |
| Course Title | Provider/Location | Cost |
| Unified Sports | https://learn.specialolympics.org/ | Free |
| Coaching Adapted Sports | https://nfhslearn.com/ | Free |
| Sport-Specific training course <ul style="list-style-type: none"> Can be through ASEP, NFHS, or other approved organization. Non-NFHS or ASEP course; must be approved by SONC sport department | https://nfhslearn.com/ http://www.asep.com/ | Varies |
| USGA Golf Rules 101 (for golf certification only) | https://rules.usga.org/product/rules-101/ | Free |
| 2. Professional Development | | |
| <i>Choose one course from this list. Be sure to send certificate of completion to sports@sonc.net.</i> | | |
| Course Title | Provider/Location | Cost |
| Principals of Coaching (Updated for 2020; new format and content!) | Special Olympics, Inc. Online training via CoachTube | Free |
| Sportsmanship | https://nfhslearn.com/courses/sportsmanship-2 | Free |
| Positive Sport Parenting | https://nfhslearn.com/courses/positive-sport-parenting | Free |
| A Coach's Playbook – Introduction to Autism and Instructional Strategies for Coaching | http://specialolympicsva.org/sports/coaches-corner/a-coachs-playbook-autism | Free |
| Teaching Sports Skills | https://nfhslearn.com/courses/teaching-sports-skills-2 | \$35 |
| 3. Health & Safety | | |
| <i>Choose one course from this list. Be sure to send certificate of completion to sports@sonc.net.</i> | | |
| Course Title | Provider/Location | Cost |
| Fitness for Sports Coaches | https://learn.specialolympics.org/ | Free |
| CPR/Adult First Aid | American Red Cross (Online Training) | \$35 |
| Sports Nutrition | https://nfhslearn.com/courses/sports-nutrition | Free |
| Heat Illness Prevention | https://nfhslearn.com/courses/heat-illness-prevention-2 | Free |
| Sudden Cardiac Arrest | https://nfhslearn.com/courses/sudden-cardiac-arrest | Free |

Please note the following:

- To apply for a coach position with Special Olympics USA, Principals of Coaching must be completed by the time of application.
- Be sure to send certificate of completion for any of these courses to sports@sonc.net.

Do you have to complete continuing education for your job or license and want to see if it qualifies for SONC continuing education? Email sports@sonc.net.