

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
Sports Rules Article 1	SO Learn	Free
Principals of Coaching	Special Olympics, Inc. Online training via CoachTube	Free
Sportsmanship	https://nfhslearn.com/courses/sportsmans-hip-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.