

Health Sciences Applied to Coaching

Overview

TST BOCES Adult Education is offering an in-service program for coaches in K-12 sports programs. Three courses are required by the NYS Education Department for non-certified physical education teachers and coaches: 1.) Health Sciences Applied to Coaching, 2.) Philosophy, Principles, and Organization of Athletics in Education and 3.) Theory and Techniques of Coaching. TST BOCES will be offering these classes over a two year cycle.

Health Sciences Applied to Coaching Class

Coaching encompasses various aspects of developing student athletes outside of preparing for practices and competition. This course will help to enhance coaches understanding of anatomy and physiology, injury prevention and the physical effects of injuries. It will also provide insight into sport-specific strength and conditioning of athletes when they are both in and out of season.

Instructor John McNally is the Physical Education teacher at Boynton Middle School and an Assistant Baseball Coach at Ithaca College.

\$300 Pre-Registration Required