

NMPED COACHES COMPETENCIES – LICENSURE IN ATHLETIC COACHING

Domain 1 - Philosophy and Ethics – The coach will:

Standard 1 - Develop and implement an athlete-centered coaching philosophy.

Standard 2 - Identify, model and teach positive values learned through sport participation.

Standard 3 - Teach and reinforce responsible personal, social and ethical behavior of all people involved in the sport program.

Standard 4 - Demonstrate ethical conduct in all facets of the sport program.

Domain 2 - Safety and Injury Prevention – The coach will:

Standard 5 - Prevent injuries by providing safe facilities.

Standard 6 - Ensure that all necessary protective equipment is available, properly fitted and used appropriately.

Standard 7 - Monitor environmental conditions and modify participation as needed to ensure the health and safety of participants.

Standard 8 - Identify physical conditions that predispose athletes to injuries.

Standard 9 - Recognize injuries and provide immediate and appropriate care.

Standard 10 - Facilitate a coordinated sports health care program of prevention, care, and management of injuries.

Standard 11: Identify and address the psychological implications of injury.

Domain 3 - Physical Conditioning – The coach will:

Standard 12 – Design programs of training, conditioning and recovery that properly utilize exercise physiology and biomechanical principles.

Standard 13 - Teach and encourage proper nutrition for optimal physical and mental performance, and overall good health.

Standard 14 - Be an advocate for drug-free sport participation and provide accurate information about drugs and supplements.

Standard 15 - Plan conditioning programs to help athletes return to full participation following injury.

Domain 4 - Growth and Development – The coach will:

Standard 16 – Apply knowledge of how developmental change influences the learning and performance of sport skills.

Standard 17 – Facilitate the social and emotional growth of athletes by supporting a positive sport experience and lifelong participation in physical activity.

Standard 18 - Provide athletes with responsibility and leadership opportunities as they mature.

Domain 5 - Teaching and Communication – The coach will:

Standard 19 - Provide a positive learning environment that is appropriate to the characteristics of the athletes and goals of the program.

Standard 20 - Develop and monitor goals for the athletes and program.

Standard 21 – Organize practice based on a seasonal or annual practice plan to maintain motivation, manage fatigue and allow for peak performance at the appropriate time.

Standard 22: Plan and implement daily practice activities that maximize time on task and available resources.

Standard 23 - Utilize appropriate instructional strategies to facilitate athlete development and performance.

Standard 24 – Teach and incorporate mental skills to enhance performance and reduce sport anxiety.

Standard 25 – Use effective communication skills to enhance individual learning, group success and enjoyment in the sport experience.

Standard 26 - Demonstrate and utilize appropriate and effective motivational techniques to enhance athlete performance and satisfaction.

Domain 6 - Sport Skills and Tactics – The coach will:

Standard 27 - Know the skills, elements of skill combinations and techniques associated with the sport being coached

Standard 28 - Identify, develop and apply competitive sport strategies and specific tactics appropriate for the age and skill levels of the participating athletes.

Standard 29 – Use scouting methods for planning practices, game preparation and game analysis.

Domain 7 - Organization and Administration – The coach will:

Standard 30 – Demonstrate efficiency in contest management.

Standard 31 - Be involved in public relation activities for the sport program.

Standard 32 - Manage human resources for the program.

Standard 33 – Manage fiscal resources for the program.

Standard 34 - Facilitate planning, implementation, and documentation of the emergency action plan.

Standard 35 - Manage all information, documents and records for the program.

Standard 36 - Fulfill all legal responsibilities and risk management procedures associated with coaching.

Domain 8 – Evaluation – The coach will:

Standard 37 – Implement effective evaluation techniques for team performance in relation to established goals.

Standard 38 - Use a variety of strategies to evaluate athlete motivation and individual performance as they relate to season objectives and goals.

Standard 39 - Utilize an effective and objective process for evaluation of athletes in order to assign roles or positions and establish individual goals.

Standard 40 - Utilize an objective and effective process for evaluation of self and staff.