
FUNDAMENTALS OF COACHING FINAL EXAM QUESTIONS AND ANSWERS WITH SOLUTIONS 2024

Who do coaches struggle with the most? - ANSWER parents, attitudes of athletes, discipline, drug abuse, and officiating

____: induce false feeling of "all's well" when the user is fatigued; short-circuit feelings of exhaustion, requiring the body to use up its reserves; might experience total collapse - ANSWER Stimulant

____: lose control of body functions; become restless, hostile, and quarrelsome; ex: alcohol - ANSWER Depressant

____: not usually associated with a sport; ex: LSD, marijuana - ANSWER Hallucinogens

____: natural hormone products to rapidly build up strength and endurance; drastic increase in lean body weight and change in behavior - ANSWER Steroids

____ ____: self-imposed starvation in an obsessive effort to lose weight and become thin - ANSWER Anorexia Nervosa

____: recurring binge eating usually followed by some method of purging such as vomiting, diuretic or laxative abuse or intensive exercise - ANSWER Bulimia

____: anorexia nervosa with the practice of one or more bulimic behaviors - ANSWER Bulimarexia

How to deal with parents? - ANSWER 1. follow the rules

2. never talk to a parent angry

3. never talk to a parent or athlete without a witness

4. communicate your expectations

5. do what you say you'll do

Nfhs Fundamentals Of Coaching Course Test Answers

Carol Stroud



Nfhs Fundamentals Of Coaching Course Test Answers:

NIAAA's Guide to Interscholastic Athletic Administration National Interscholastic Athletic Administrators Association, 2013 This comprehensive resource covers leadership operations financial and facilities management and other chief administrative responsibilities to help readers better understand the athletic director's multifaceted role **NIAAA's Guide to Interscholastic Athletic Administration** National Interscholastic Athletic Administrators Association (NIAAA), 2013-07-01 NIAAA's Guide to Interscholastic Athletic Administration presents a wealth of information and insights from experienced athletic directors across the United States This comprehensive resource covers leadership operations financial and facilities management and other chief administrative responsibilities to help readers better understand the athletic director's multifaceted role NIAAA's Guide to Interscholastic Athletic Administration was developed under the direction of the National Interscholastic Athletic Administrators Association NIAAA the trusted authority for excellence in administration of high school sports This guidebook features the best practices in high school athletic administration to assist both aspiring and practicing athletic directors in meeting the demands of the job General guidelines and background knowledge are complemented by specific strategies and techniques Each chapter offers examples of how to solve common problems and sidebars highlight creative solutions employed by exemplary high school athletic directors This text features guidance and multidisciplinary information on handling some of the toughest parts of the job A chapter on personnel management discusses mentoring and evaluation systems to assist with the growth and development of staff and a technology chapter offers specific recommendations of tools to help athletic directors operate more effectively and efficiently A chapter on legal and safety concerns outlines concrete measures that administrators can take to prevent mishaps and protect their schools and staff from liability Readers will also learn how to manage a budget and find creative alternatives to get the most out of available funds Based on extensive research conducted by the editors this text confronts several challenges facing contemporary high school sport administrators Providing comprehensive professional preparation for athletic director candidates and continuing education for today's athletic directors Aligning the goals of education based athletic programs and the conduct of coaches athletes and parents engaged in the program to the educational mission of the school district state and national governing organizations Ensuring ongoing education in vital areas including student citizenship staff support safety risk management and budget preparation Making consistent efforts to provide equitable opportunities for participation and accommodate the abilities and interests of all student athletes The position of interscholastic athletic administrator is rapidly becoming one of the most challenging positions in any school as these professionals are asked to do more with less Given proper education tools and goals NIAAA recognizes the pivotal role an athletic administrator can have in enriching the school culture and experiences of participating athletes parents and coaches NIAAA's Guide to Interscholastic Athletic Administration provides fundamental knowledge guided by sound educational

practices to enable athletic administrators to execute their daily duties with competence and confidence Directing Youth Sports Programs Rainer Martens,2001 Directing Youth Sports Programs is loaded with helpful tools to get your program on the right track including sample recruiting plans job descriptions for coaches a sample calendar of events a first aid inventory emergency medical information and up to date addresses and reference information You ll also find more than 30 forms and 20 practice exercises to use to organize and manage your program plus a unique Sport Event Planner an indispensable tool to guide you through the process of planning youth sport events Whether you re a novice youth sport director looking for a user friendly handbook or an experienced administrator in search of a strategic reference turn to ASEP for the ideal resource Directing Youth Sports Programs BOOK JACKET Concussions and the Marketing of Sports Equipment United States. Congress. Senate. Committee on Commerce, Science, and Transportation,2012 **Bronze Level Instructor Self-Study Guide** Carol Stroud,2004-01-01

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