

## **LTC 723 Athletic Administration: Administration of Professional Growth Programs For Interscholastic Athletic Personnel**

Since enactment of Title IX of the Education Amendment of 1972, the number of high school sports programs has increased geometrically. This pattern of growth has created an ever-increasing demand for trained coaches at all levels of high school and middle school competition. While the term "trained" may be defined variously, legal definitions, court cases and professional standards of care have clearly identified various competencies and performance expectations for coaches. In courts, these standards have placed increased responsibilities on athletic directors. First, is an obligation to carefully screen candidates for coaching positions during the hiring process. Second, is the responsibility to provide in-service training opportunities to ensure that all coaches are prepared for their work with children of variable skill and maturity levels.

These obligations are so important that NIAAA Leadership Training Course 504, Legal Issues and Strategies has identified 14 legal duties that describe those requisite competencies in detail. The 14th and final duty or moral obligation places direct responsibility for the hiring and training of coaches on the athletic director and other administrators who may be linked to the hiring process.

### **Topic coverage includes:**

- a. A philosophical overview and rationale for ongoing professional growth training for athletic department personnel.
- b. Various methods currently used to deliver state-of-the-art information to athletic department personnel at relatively low cost.
- c. Incentives that can be extended to coaches and other athletic department personnel to encourage their ongoing participation in professional growth and development activities.
- d. Various resources for training and instruction of high school and middle school coaches.
- e. Samples of curriculum taught via the Internet and other methods.

**Enrollees who will derive greatest benefit:** Administrators seeking to provide in-service training opportunities to ensure that all coaches are prepared for their work with children of variable skill and maturity levels.

## **LTC 724 Athletic Administration: Stress Management Methods, Techniques and Systems**

The demands of high intensity daily work, evening and weekend supervision requirements, demanding public expectations, challenging interactions and limited resources place the athletic director in a stressful position. Needed are ways of intervening stress, managing its onset and using proven methods for reducing its impact.

Stress will ALWAYS be present. Our perceptions of it determine the way we react and also help define the methods we choose to intervene. Because of the individual nature of perception and preferred response, this course will provide an overview of individual methods (breathing control, muscle relaxation and mindfulness) along with systems drawn both from conventional Western medical practices and Eastern alternative or complementary medicine. In the latter area, an introduction to Yoga/Meditation, Tai Chi, Ai Chi, Acupuncture and Healing Touch will be used to complement the more traditional pain and stress management practices.

**Enrollees who will derive greatest benefit:** Administrators seeking new concepts, methods and additional strategies for dealing with stress in their daily activities.