



CHAPTER 13 • COACHING EDUCATION

13.1 – INTRODUCTION

The coaching education program provides educational opportunities for all levels of coaches, from grass roots to the elite level. The program is comprised of four progressive levels, each of which has the following components:

Sport Science

Extensive instruction in sport science is covered in order to provide a scientific basis of understanding for rational development of technique and training programs. The sport science portion has been developed by the American Coaching Effectiveness Program (ACEP) and the USATF National Coaching Education Committee. It includes sport psychology, pedagogy, and sports medicine.

Technical, Event-Specific Instruction

Throws, jumps, sprints/hurdles, and endurance events are all covered at the basic level in this school. Event-specific instruction is progressive in nature. Consequently, at Levels 2 and 3, each event is covered in greater depth and detail than the previous level.

Hands-on Training

Experience is the best teacher. Minimum standards of practical experience are expected of participants at each level.

13.2 – EDUCATION LEVELS

There are four levels of Coaching Education based on various criteria and experience:

- **Fundamental** – An introductory course entitled Coaching Track and Field is offered in conjunction with the National Federation of High Schools, is a grass roots overview of the sport and coaching.
(Coaches do not need to complete this course to enroll in a Level 1)
- **Level 1** - Basic knowledge course that emphasizes rules, basic mechanics, and teaching progressions.
- **Level 2** - More in-depth training in an event specific group (sprints/hurdles/relays, endurance, jumps, throws, combined events and youth).
- **Level 3** - Very high-level seminar structure educational experience in a specific event area.

13.3 – INSTRUCTOR TRAINING

If you are interested in teaching at a Level 1 school, you must complete the Instructor Training Course (ITC). ITC schools are typically held in conjunction with Level 2 schools.

Requirements

- Must have completed at least two areas of the Level 2 program.
- Must have a minimum of five years of Track & Field/Cross Country coaching experience at a high

school, college or USATF registered club. Only Track & Field coaching experience gained after the age of 21 will be considered.

- Must submit three references.
- Attend the ITC (see application process below).
- Plan and present lessons using a variety of media as well as techniques from differing event groups.

Benefits

- Recognition as a USATF Level 1 Instructor
- USATF coaching education instructor's materials
- Eligibility to direct and/or teach at Level 1 coaching education schools

13.4 – ABOUT ITC SCHOOLS

Instructor Training Courses are typically three-day courses held in conjunction with Level 2 schools. The course consists of classroom instruction as well as hands-on training. Attendance at all sessions is required. The cost for an ITC school varies by location (<http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Calendar-of-Schools.aspx>).

How to Apply

To apply, please complete the Level 2 – Event Specific application and select “Instructor Training Course” or “Level 2 - Event Specific & ITC” as your preferred category.

13.5 – HOSTING A LEVEL 1 SCHOOL

Visit [http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Three-Boxes-\(3\).aspx](http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Three-Boxes-(3).aspx) for information on hosting a Level 1 school.

13.6 – OTHER OPPORTUNITES

Special Programs

USATF will occasionally sponsor or support special clinics or programs. Check the website (<http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Special-Programs.aspx>) regularly for various programs and special clinics offered by the Coaching Education program.

Additional Information

Additional information on Coaching Education programs, including the current calendar of schools, can be found at <http://www.usatf.org/resources-for---/coaches/coaching-education.aspx>.