

Additional Resources
New York State Education Department
Curriculum for Coaching Education Courses

NYSED Theory & Techniques of Coaching (2 Credits - 30 Hours)

American Sport Education Program (ASEP), Resources for specific sports and coaching, 1607 N. Market Street, P.O. Box 5076, Champaign, IL 61825, 800-747-5698, www.asep.com

Martens, Rainer Successful Coaching, Third Edition, Human Kinetics, Champaign, IL. (Available at NYSPHSAA Office – 518-690-0771 - or refer to NYSPHSAA Scholastic Athletics Rule Book Order Form).

TEXTS

American Sport Education Program (ASEP). *Coaching Baseball Technical and Tactical Skills*. Champaign, IL: Human Kinetics, 2006.

American Sport Education Program (ASEP). *Coaching Basketball Technical and Tactical Skills*. Champaign, IL: Human Kinetics, 2007.

American Sport Education Program (ASEP). *Coaching Football Technical and Tactical Skills*. Champaign, IL: Human Kinetics, 2006.

American Sport Education Program (ASEP). *Coaching Softball Technical and Tactical Skills*. Champaign, IL: Human Kinetics, 2009.

Schneider, Robert C. *Ethics of Sport & Athletics*. Baltimore, MD: Wolters Kluwer – Lippincott Williams & Wilkins, 2009.

Wrisberg, Craig. *Sport Skill Instruction for Coaches*. Champaign, IL: Human Kinetics, 2007.

ONLINE COURSES (corresponding text included) FOR SESSIONS 6-9 OF THEORY AND TECHNIQUES

American Sport Education Program (ASEP). *Coaching Baseball Technical and Tactical Skills Course*. Champaign, IL: Human Kinetics.
[http://www.asep.com/courseInfo/purchase_courseinfo.cfm?CourseID=28&OrgID=.](http://www.asep.com/courseInfo/purchase_courseinfo.cfm?CourseID=28&OrgID=)

American Sport Education Program (ASEP). *Coaching Basketball Technical and Tactical Skills Course*. Champaign, IL: Human Kinetics.
[http://www.asep.com/courseInfo/purchase_courseinfo.cfm?CourseID=36&OrgID=.](http://www.asep.com/courseInfo/purchase_courseinfo.cfm?CourseID=36&OrgID=)

American Sport Education Program (ASEP). *Coaching Football Technical and Tactical Skills Course*. Champaign, IL: Human Kinetics.
[http://www.asep.com/courseInfo/purchase_courseinfo.cfm?CourseID=34&OrgID=.](http://www.asep.com/courseInfo/purchase_courseinfo.cfm?CourseID=34&OrgID=)

American Sport Education Program (ASEP). *Coaching Softball Technical and Tactical Skills Course*. Champaign, IL: Human Kinetics. (Coming in late 2009 early 2010)

NYSED Principles, Philosophy and Organization of Athletics in Education (3 Credits – 45 Hours)

Martens, Rainer Successful Coaching, Third Edition, Human Kinetics, Champaign, IL. (Available at NYSPHSAA Office – 518-439-8873 - or refer to NYSPHSAA Scholastic Athletics Rule Book Order Form).

TEXTS

Clifford, Craig, Randolph Feezell. *Coaching For Character*. Champaign, IL: Human Kinetics, 1997.

Clifford, Craig, Randolph Feezell. *Sport and Character: Reclaiming the Principles of Sportsmanship*. Champaign, IL: Human Kinetics. (Coming in October 2009)

Schneider, Robert C. *Ethics of Sport & Athletics*. Baltimore, MD: Wolters Kluwer – Lippincott Williams & Wilkins, 2009.

Spengler, John O., Dan Connaughton, Andrew Pittman. *Risk Management in Sport and Recreation*. Champaign, IL: Human Kinetics, 2006.

NYSED Health Sciences Applied to Coaching (3 Credits – 45 Hours)

Litt, Ann, Fuel for Young Athletes, Human Kinetics, P.O. Box 5076, Champaign, IL, 61825-5076.

Martens, Rainer, Successful Coaching, Third Edition, Human Kinetics, Champaign, IL. (Available at NYSPHSAA Office – 518-690-0771 - or refer to NYSPHSAA Scholastic Athletics Rule Book Order Form).

Sharkey, Brian and Steven Gaskill, Fitness & Health, Sixth Edition, Human Kinetics, P.O. Box 5076, Champaign, IL, 61825-5076.

TEXTS

Behnke, Robert. *Kinetic Anatomy-Second Edition*. Champaign, IL: Human Kinetics, 2006.

Bonci, Leslie. *Sport Nutrition for Coaches*. Champaign, IL: Human Kinetics, 2009.

Burke, Louise. *Practical Sports Nutrition*. Champaign, IL: Human Kinetics, 2007.

Burton, Damon, Thomas Raedeke. *Sport Psychology for Coaches*. Champaign, IL: Human Kinetics, 2008.

Carr, Gerry. *Sport Mechanics for Coaches-Second Edition*. Champaign, IL: Human Kinetics, 2004.

Murphy, Shane. *The Sport Psych Handbook*. Champaign, IL: Human Kinetics, 2005.

NSCA – National Strength Training and Conditioning Association. *Essentials of Strength Training and Conditioning-Third Edition*. Champaign, IL: Human Kinetics, 2008.

Sharkey, Brian, Steven Gaskill. *Sport Physiology for Coaches*. Champaign, IL: Human Kinetics, 2006.

Shields, David Light, Brenda Light Bredemeier. *True Competition: A Guide to Pursuing Excellence in Sport and Society*. Champaign, IL: Human Kinetics, 2009.

Spengler, John O., Dan Connaughton, Andrew Pittman. *Risk Management in Sport and Recreation*. Champaign, IL: Human Kinetics, 2006.

NYSED – First Aid for Coaches (12 Hours Initially, 5.5 hour Refresher)

Flegel, Melinda J, Sport First Aid, Fourth Edition, Human Kinetics, Champaign, IL

Flegel, Melinda J, Sport First Aid- Classroom Study Guide, Fourth Edition, Human Kinetics, Champaign, IL

Martens, Rainer, Successful Coaching, Third Edition, Human Kinetics, Champaign, IL.
(Available at NYSPHSAA Office – 518-690-0771 - or refer to NYSPHSAA Scholastic Athletics Rule Book Order Form).

TEXTS

Gotlin, Robert. *Sports Injuries Guidebook*. Champaign, IL: Human Kinetics, 2008.

Soloman, Gary, Karen Johnston, Mark Lovell. *The Heads-Up on Sport Concussion*. Champaign, IL: Human Kinetics, 2006.