



## Special Olympics U.S. Programs - Coaching Progression

While some volunteers may choose to remain a Sport Assistant, others may strive to increase their level coaching and sports specific knowledge. Volunteers who wish to increase their coaching skills can progress through the levels of certification outlined below.

### SPORT ASSISTANT

*(Entry Level Requirements)*

- Class A Form / Complete Background Check
- Special Olympics General Orientation
- Protective Behaviors Training
- Concussion Course

### LEVEL 1 – CERTIFIED COACH

*(Core Coaching Knowledge)*

#### Traditional Special Olympics

- All Sport Assistant requirements
- Coaching Special Olympics Athletes – online course via Human Kinetics Coach Education (formerly ASEP) or in person training conducted by a Program approved trainer

#### Unified Sports

- All Sport Assistant requirements
- Coaching Unified Sports – online course via NFHS or in person training conducted by a Program approved trainer

### LEVEL 2 – CERTIFIED COACH\*

*(Sports Specific Knowledge)*

#### Traditional Special Olympics

- All Level 1 requirements
- Sports Specific Course – online for those sports where online courses have been developed or in person sport specific training

#### Unified Sports

- All Level 1 requirements
- Sport Specific Course – online for those sports where online courses have been developed or in person sport specific training

*\* NOTE: Level required of Head Coaches attending USA National Games in the specific sport being coached.*

**Fitness Coach Course** (available 2019) – *online or in person training conducted by Program approved trainer*

*NOTE: Option to become a certified Fitness Coach is not sport specific, but general knowledge applicable to all sports. Being certified as a Fitness Coach is not a requirement to coach at the USA National Games.*

### LEVEL 3 – CERTIFIED COACH\*\*

*(Advanced Coaching Knowledge)*

- All Level 2 requirements
- Principles of Coaching Course – online via WVU or in person training conducted by a Program approved trainer

*\*\* NOTE: Level required of Head Coaches attending World Games.*