

Course Objectives



- Develop an understanding of Special Olympics and identify a coaching philosophy.
- Apply the sport management team approach in recruiting athletes, volunteers, and family members and in developing training plans for conducting sport-specific training programs.
- Identify practical methods for enhancing athlete performance by developing sport confidence through effective coaching techniques.
- Apply the principles of strength, endurance, and flexibility training and nutrition.
- Provide the safest environment for athletes during training and competition.