

# Online course for coaching and teaching Special Olympics athletes

**Special  
Olympics**



## Coaching Special Olympics Athletes



Special Olympics



Created by the Joseph P. Kennedy Jr. Foundation for the Benefit of Persons with Intellectual Disabilities | © 2012 Special Olympics

Every contact you have with your athletes is a chance to help them build character, grow personally, and improve their sport skills. When you master the content of the Coaching Special Olympics Athletes online course, you'll be equipped to do just that.

Through this three-hour course, you will develop a better understanding of how people with intellectual disabilities learn and how they participate in sports. The course offers a solid overview of the coaching principles involved in working with Special Olympics athletes as well as practical ideas that you can immediately use in your teaching and coaching.

In the course, you'll find Special Olympics PDF resources, photos, audio, video, and narrated presentations. This interactive online course mirrors the Special Olympics classroom course, and it

- **appeals to a wide range of learning preferences** because it engages coaches through a variety of methods and media, including video, audio, narrated presentations, photos, dynamic learning interactions, and quizzes;
- **meets the training needs and standards** that are specific to Special Olympics;
- **ensures compliance with Special Olympics coaching education requirements** for first-time coaches; and
- **offers a convenient and inexpensive way** for veteran coaches to earn continuing education credits.

## Coaching Special Olympics Athletes Course

Price: \$16.95

Available at [www.ASEP.com/SpecialOlympics](http://www.ASEP.com/SpecialOlympics).

To purchase courses in bulk, contact Jennifer Mulcahey at 800-747-5698, ext. 2304 or [JenniferM@hkusa.com](mailto:JenniferM@hkusa.com)

Designed to fit into your busy schedule, this online course offers you 24/7 accessibility at a cost that is lower than what most coaches pay for meals and gas when attending a classroom course. More important, it covers non-sport-specific aspects of coaching that you need in order to be a successful Special Olympics coach.

The course material is divided into four units. In the first unit, you learn all about the athletes—including the mental, physical, and social factors that can influence their ability to learn and take part in sports. The second unit focuses on specific teaching and training techniques, effective communication strategies, and tips for avoiding common pitfalls when coaching Special Olympics athletes. Next, you'll learn how to prepare for competition and maximize positive outcomes for your athletes, including creating competition plans and individual athlete development plans. In the final unit, you'll explore methods for managing your program and facilitating the development of your athletes' sport and interpersonal skills in a safe environment.

The athlete-centered material in the Coaching Special Olympics Athletes course reinforces how to respect all athletes, how to train and encourage them, how to improve their self-confidence, and how to help them excel by building on their unique strengths and abilities and shine as they take part in what can be the most positive life-changing experience they will ever have.

Visit [www.ASEP.com/SpecialOlympics](http://www.ASEP.com/SpecialOlympics)

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## Coaching Special Olympics Athletes Online Course outline

### Unit 1: The Athlete—Different Abilities and Challenges

- Identify the four psychological considerations that affect an athlete's ability to develop the skills necessary for sport participation.
- Recognize the core medical considerations that most frequently influence individuals with intellectual disability.
- Identify social considerations that affect an athlete's participation.

### Unit 2: Teaching and Training the Athlete

- Identify effective components of instruction and when and how to use them.
- Determine the training sequence needed in order for athletes to learn the skills to play the sport.
- Distinguish and use effective communication skills.
- Identify behavior challenges and effective strategies to improve learning.

### Unit 3: The Coach—Preparing for and Coaching during Competition

- Identify the necessary steps and their importance in preparing for competition, including creating a competition plan.

- Demonstrate and reinforce good sportsmanship and respect for the sport, competition, officials, opponents, teammates, coaches, and self.
- Commit to and reinforce athletes' striving to do their best during training, divisioning, and competition.
- Provide opportunities for athletes to demonstrate self-confidence, self-sufficiency, and independence.
- Focus on rewarding efforts, positive attitudes, and goals achieved.
- Use an individual athlete development plan and competition to measure success and identify areas for improvement.

### Unit 4: Managing the Program

- Define your responsibilities as a Special Olympics coach.
- Describe the range of preparations and their importance—season planning, practice planning, and developing individual athlete plans.
- Identify the importance of managing relationships—with parents, other coaches, and other volunteers involved in the program.
- Provide a safe environment, including provisions for emergencies and minor injuries.

### About the Author

The mission of Special Olympics is to provide year-round sport training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.

### About ASEP

The American Sport Education Program (ASEP) has been developing and delivering coaching education courses since 1981. As the nation's leader in providing coaching education programs, ASEP works with national, state, and local sport organizations to develop educational programs for coaches, officials, administrators, and parents. These programs incorporate ASEP's philosophy of "Athletes first, winning second."

