

# REVISED LIST OF CEUs

## LEARNING CENTER ONE: SPORT SAFETY AND INJURY

### MUST COMPLETE 1 CEU:

<b>SOURCE</b>	<b>NAME</b>	<b>CEUs</b>
USAR-free	Risk Management and Safety Procedures (Module One) Coach / Instructor Duties	.2
USAR-free	Risk Management and Safety Procedures (Module Two) Health Care Team	.2
USAR-free	Risk Management and Safety Procedure (Module Three) Physical and Sexual Abuse	.2
USAR-free	Racquetball Injuries	.2
NFHS-\$\$\$	Creating a Safe and Respectful Environment	.2
NFHS-free	Concussion in Sport - What you need to know	.2
ASEP-\$\$\$	Sports First Aid - 4th Edition	.4

### PRACTICAL EXPERIENCE

Sport Trainer for School or Team	.3
Certification other than CPR and First Aid (i.e. ACES)	.4
CPR and First Aid Recertification	.3
Juvenile, Adolescent, AED certification	.3

### RESOURCES:

USAR/USOC Sport Safety Manual Sport First Aid- Melinda Fiegel - Fourth Edition

# LEARNING CENTER TWO: COACHING, TEACHING AND COMMUNICATION

MUST COMPLETE .5 CEU

<b>SOURCE</b>	<b>NAME</b>	<b>CEUs</b>
NFHS-free	Engaging Effectively with Parents	.2
NFHS-free	Sportsmanship	.2
NFHS-free	Positive Sport Parenting	.1
NFHS-\$\$\$	Fundamentals of Coaching	.4
NFHS-free	Teaching Sport Skills	.2
PCA-	Second Goal Parent "Developing Winners in Life"	.2
NFHS-	Teaching and Modeling Behavior	.1
USSA-\$\$\$	Introduction to Coaching	.3

## **PRACTICAL EXPERIENCE: (VERIFICATION LETTER REQUIRED)**

Coach of College or High School Team	.4
Assisting at a Master Professional Certification Clinic	.4
Assisting a Master Professional at a Camp	.4
Attending a National Conference or Meeting	.2
Creating/Directing a 6-8 week Instructional League	.4

## **RESOURCES:**

Successful Coaching - Rainer Martens-Fourth edition

Introduction to Coaching - United States Sports Academy

Coaching Successfully - American Sports Education Program

# LEARNING CENTER THREE: TECHNIQUES, TACTICS AND RULES

MUST COMPLETE .5 CEUs

<b>SOURCE</b>	<b>NAME</b>	<b>CEUs</b>
USAR-free	Officiating Number One-General Rules of the Game	.1
USAR-free	Officiating Number Two-Doubles	.1
USAR-free	Officiating Number Three -Juniors	.1
USAR-\$\$\$	National Certified Referee Certification	.3
USAR-free	Benchmarks One thru Ten	.3

## **PRACTICAL EXPERIENCE:**

Hosting a Club or State Referee Clinic	.2
Creating a Video for USAR-TV -Master Professional Approval Needed	.2
Author of Instructional Article -Master Professional Approval Needed	.2

## **RESOURCES:**

Championship Racquetball - Fran Davis and Jason Mannino

Real Racquetball - Tom Travers and Tim Miller

Racquetball Fundamentals - Jim Winterton

Winning Edge Racquetball - Jim Hiser

## LEARNING CENTER FOUR: PSYCHOLOGY AND NUTRITION

MUST COMPLETE .3 CEUs

<b>SOURCE</b>	<b>NAME</b>	<b>CEUs</b>
NFHS -free	Sports Nutrition	.2
NFHS-\$\$\$	Teaching and Modeling Behavior	.3
USAR-free	Racquetball Nutrition	.2

### **PRACTICAL EXPERIENCE:**

Work as a Dietician or nutritional consultant	.3
Degree in sports psychology or nutrition	.5
Author article on sports psychology or nutrition	.2

### **RESOURCES:**

- Coaches Guide to Sports Psychology - Rainer Martens
- Nancy Clark's Sports Nutrition Guidebook - Nancy Clark
- Performance Nutrition - K. Austin

## LEARNING CENTER FIVE: RESISTANCE TRAINING, PHYSIOLOGY AND STRETCHING

MUST COMPLETE .5 CEU

<b>SOURCE</b>	<b>NAME</b>	<b>CEUs</b>
NFHS-\$\$\$	Strength and Conditioning	.3
USAR-free	Physiological Demands of Racquetball	.2
USAR-free	Resistance Training 1 & 2	.2 (EACH)

### **PRACTICAL EXPERIENCE**

Work as a Dietician or nutritional consultant	.3
Degree in sports psychology or nutrition	.5
Author article on sports psychology or nutrition	.1

### **RESOURCES**

Coaches Guide to Sports Psychology - Rainer Martens  
Nancy Clark's Sports Nutrition Guidebook - Nancy Clark  
Injury Fix - Brad Walker

# CPR AND BACKGROUND CHECK

## WHY DOES USAR-IP REQUIRE CPR CERTIFICATION AND A BACKGROUND CHECK??

As a certification organization USAR-IP has the responsibility to provide its instructors with the most current educational information, as well as assure students that their instructors have completed all the certification requirements. With cooperation from the United States Olympic committee and the USOC Coaching department, USAR-IP has developed a process that requires all instructors to complete a background check and also take an online sport safety course.

The current litigious society (Penn State) and sports lawsuits require that USAR-IP assure students that their instructors are educated in sport safety and risk management. (See: [http://www.slate.com/blogs/xx\\_factor/2014/11/13/outside\\_magazine\\_s\\_story\\_on\\_sexual\\_abuse\\_in\\_competitive\\_swimming\\_is\\_devastating.html?wpsrc=fol\\_fb](http://www.slate.com/blogs/xx_factor/2014/11/13/outside_magazine_s_story_on_sexual_abuse_in_competitive_swimming_is_devastating.html?wpsrc=fol_fb))

The USAR-IP certification process IS THE MOST THOROUGH certification process in the sport. In order to maintain insurance and certification it is necessary that the process be updated continually and includes sport safety and risk prevention requirements.

Instructor insurance is absolutely necessary for all instructors. The USAR-IP insurance is again the MOST COMPREHENSIVE in the sport and along with the sport safety and risk prevention information, courses and testing; USAR-IP instructors can be assured they are well prepared and protected.

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## Keys for CEU

**NFHS**—National Federation of State High School Associations ([www.nfhslearn.com](http://www.nfhslearn.com))

**USSA**-- United States Sports Academy- ([USSA.edu](http://USSA.edu))

**USAR**- U.S.A. Racquetball ([USARacquetball.com](http://USARacquetball.com))

**ACES**- American Sport Education Program- ([asep.com](http://asep.com))

**CPR & AED**- Coronary Pulmonary Resuscitation & Automated External Defibrillator

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## A GREAT RESOURCE

### "INJURY FIX"

**Injury Fix**—Is a great resource for stretching and flexibility education- Includes a free Stretching Handbook and DVD.

[injuryfix.com](http://injuryfix.com)

