

NORTH DAKOTA STATE UNIVERSITY
Department of Health, Nutrition and Exercise Sciences

HNES 2000 Sport Specific Coaching Techniques

(1 or 2 professional development credits)

2026 North Dakota High School Coaches Association Convention
July 27-29, 2026

INSTRUCTOR:

Dr. Brad Strand

Cell – 701-540-2044

Email: bradford.strand@ndsu.edu

COURSE DESCRIPTION:

Discover fundamentals in each specific sport, including continuity in team scheme, new rule changes, innovative programs, techniques of performance, the dangers and liabilities in each sport, and the need for legislative reform involving sport injury.

OBJECTIVES:

This course is designed to enable coaches who are attending a coaching convention the opportunity to gain new coaching insights. At the conclusion of this convention, students are expected to be able to detail new concepts related to the coaching sessions that were attended and explain how what was learned will impact their coaching philosophy.

NATIONAL BOARD FOR PROFESSIONAL TEACHING STANDARDS:

The National Board for Professional Teaching Standards seeks to identify and recognize teachers who effectively enhance student learning and demonstrate the high level of knowledge, skills, abilities, and commitments. This course aligns with all of those standards.

Teachers are committed to students and their learning.

Teachers know the subjects they teach and how to teach those subjects to students.

Teachers are responsible for managing and monitoring student learning.

Teachers think systematically about their practice and learn from experience.

Teachers are members of learning communities.

TOPICAL OUTLINE - See convention program

COURSE REQUIREMENTS and ASSIGNMENTS:

One Professional Development Credit

For one credit you need to obtain 15 hours in class attendance plus complete items 1, 2, and 3 listed below

Two Professional Development Credits

For two PD credits you need to obtain 30 hours in class attendance plus podcasts and complete items 1, 2, 3, and

4 listed below.

At the conclusion of the clinic, you will submit your materials to the course instructor. The materials will include:

1. **Attend Session:** You are expected to attend sessions Monday through Wednesday and complete the listing of sessions you attend. For one PD credit you will attend any 15 hours of sessions. For two PD credits you will attend 30 hours of sessions plus listen to six podcasts. You will include the date, time, session title, and name of the speaker for each session you attend. **Luncheons and board meetings can count as sessions.**
2. **Summary of Sessions:** A one or two statement summary of each session you attend. This can be handwritten; it does not need to be typed. **Please do not send your session notes or handouts.**
3. **Networking:** Visit and get signatures from five vendors.
4. **Additional Required Hours:** To obtain the remaining number of hours to earn 2 credits, students need to complete six additional hours of course work. Those six hours can be earned by listening to and completing the session summary for podcasts from the Changing the Game Project or completing six hours of free courses through the National Federation of High School Coaches.

Changing the Game Project <https://changingthegameproject.com/>. Opening this link will take you to the Changing the Game site. Once there, you will see a dropdown titled Podcast/Blogs. Click on this dropdown and it will take you to the podcast site. This site includes over 450 podcasts with authors, coaches, administrators, athletes, and leaders from various walks of life. You can select podcasts that best fit your personal interests. Using the Record of Sessions form, list the number of the podcast and the name of the speaker along with your summary of the podcast.

National Federation of High School Coaches Free classes.

https://nfhslearn.com/courses?gad_source=1&gad_campaignid=2040296792&gbraid=0AAAAACua-Ly2Ipa68Zlp9bA3ZFfc1o4Rg&gclid=Cj0KCQiAoZDJBhCOARIsAERP-F-amixCjkseRm37n42l3ks2gbvupnG-ZwKcxdoEG3sujW3yQ5jq7VUaAsnzEALw_wcB The NFHSCA offers over 30 free courses on many and various topics. At the conclusion of each course, you will receive a printable completion certificate. If you are completing your required additional hours via these courses, please provide me with a copy of the completion certificate.

COURSE POLICIES:

Attendance: It is expected that you will attend the required number of hours to earn the credits within the course.

Written Work: All written assignments must be acceptable by the instructor. Materials will be graded on how well you organize your thoughts and ideas, how well you defend your beliefs, your use of complete sentences and paragraphs that build upon one another, and obviously, spelling and punctuation. Difficulty with assignments should be discussed with the instructor, so guidance can be given within an appropriate timeline.

GRADING AND EVALUATION POLICIES

Grading is on the University approved letter grade system. The final grade will be based on percent earned of total number of points possible:

<u>One Credit</u>		<u>Two Credits</u>	
90 - 100% = A	31-35 points	90 - 100% = A	58-65 points
80 - 89% = B	28-30 points	80 - 89% = B	52-57 points
70 - 79% = C	24-27 points	70 - 79% = C	45-51 points
60 - 69% = D	21-23 points	60 - 69% = D	39-44 points
below 60% = F	less than 21 points	below 60% = F	less than 39 points

Grading Rubric

Attendance

Failure to attend the minimum required days and hours will result in an automatic failure for the course.

1 Credit

List of sessions

15 – fully completed
1-14 points for partial completion
0 – missing

Notes from Sessions

15 – fully completed
1-14 points for partial completion
0 – missing

Vendors

1-5 points

2 Credits

List of sessions

30 – fully completed
1-29 points for partial completion
0 – missing

Notes from Sessions

30 – fully completed
1-29 points for partial completion
0 – missing

Vendors

1-5 points

DISABILITIES:

Any students with disabilities who need accommodation in this course are encouraged to speak with the instructor as soon as possible to make appropriate arrangements for these accommodations.

ACADEMIC DISHONESTY/PLAGARISM:

All work in this course must be completed in a manner consistent with NDSU University Senate Policy, Section 335: Code of Academic Responsibility and Conduct (<http://www.ndsu.nodak.edu/policy/335.htm>).

DEADLINE FOR MATERIAL SUBMISSION TO RECEIVED CREDIT: Aug 10, 2026 (It must be received by this day)

Send to Brad Strand at bradford.strand@ndsu.edu

Sport Specific Coaching Techniques 2026 – 1 or 2 PD credits

Record of Sessions Attended

Your name

Number of Credits (please circle): 1 2

Email contact:

Date and Time of Session

Session Title

Presenter

Summary:

Date and Time of Session

Session Title

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Vendors

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