
FUNDAMENTALS OF COACHING FINAL EXAM QUESTIONS AND ANSWERS WITH SOLUTIONS 2024

Who do coaches struggle with the most? - ANSWER parents, attitudes of athletes, discipline, drug abuse, and officiating

____: induce false feeling of "all's well" when the user is fatigued; short-circuit feelings of exhaustion, requiring the body to use up its reserves; might experience total collapse - ANSWER Stimulant

____: lose control of body functions; become restless, hostile, and quarrelsome; ex: alcohol - ANSWER Depressant

____: not usually associated with a sport; ex: LSD, marijuana - ANSWER Hallucinogens

____: natural hormone products to rapidly build up strength and endurance; drastic increase in lean body weight and change in behavior - ANSWER Steroids

____ ____: self-imposed starvation in an obsessive effort to lose weight and become thin - ANSWER Anorexia Nervosa

____: recurring binge eating usually followed by some method of purging such as vomiting, diuretic or laxative abuse or intensive exercise - ANSWER Bulimia

____: anorexia nervosa with the practice of one or more bulimic behaviors - ANSWER Bulimarexia

How to deal with parents? - ANSWER 1. follow the rules

2. never talk to a parent angry

3. never talk to a parent or athlete without a witness

4. communicate your expectations

5. do what you say you'll do

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Bronze Level Instructor Self-Study Guide Carol Stroud,2004-01-01 **National Coaching Certification Program**

Coaching Association of Canada,Canada. National Coaching Certification Council,1981 *Foundations of Sports Coaching*
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Table of Contents Nfhs Fundamentals Of Coaching Course Answers

1. Understanding the eBook Nfhs Fundamentals Of Coaching Course Answers
 - The Rise of Digital Reading Nfhs Fundamentals Of Coaching Course Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Nfhs Fundamentals Of Coaching Course Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nfhs Fundamentals Of Coaching Course Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nfhs Fundamentals Of Coaching Course Answers
 - Personalized Recommendations
 - Nfhs Fundamentals Of Coaching Course Answers User Reviews and Ratings
 - Nfhs Fundamentals Of Coaching Course Answers and Bestseller Lists
5. Accessing Nfhs Fundamentals Of Coaching Course Answers Free and Paid eBooks
 - Nfhs Fundamentals Of Coaching Course Answers Public Domain eBooks
 - Nfhs Fundamentals Of Coaching Course Answers eBook Subscription Services
 - Nfhs Fundamentals Of Coaching Course Answers Budget-Friendly Options

6. Navigating Nfhs Fundamentals Of Coaching Course Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Nfhs Fundamentals Of Coaching Course Answers Compatibility with Devices
 - Nfhs Fundamentals Of Coaching Course Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nfhs Fundamentals Of Coaching Course Answers
 - Highlighting and Note-Taking Nfhs Fundamentals Of Coaching Course Answers
 - Interactive Elements Nfhs Fundamentals Of Coaching Course Answers
8. Staying Engaged with Nfhs Fundamentals Of Coaching Course Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nfhs Fundamentals Of Coaching Course Answers
9. Balancing eBooks and Physical Books Nfhs Fundamentals Of Coaching Course Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nfhs Fundamentals Of Coaching Course Answers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nfhs Fundamentals Of Coaching Course Answers
 - Setting Reading Goals Nfhs Fundamentals Of Coaching Course Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nfhs Fundamentals Of Coaching Course Answers
 - Fact-Checking eBook Content of Nfhs Fundamentals Of Coaching Course Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

-
- Interactive and Gamified eBooks

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