

IHSA COACHING ORIENTATION TEST ANSWERS

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What is the most widely misused drug among 12 to 17 year olds? With more than half of high school seniors abusing alcohol in the last year, this substance earns the dubious distinction of being the most frequently used drug. According to the MTF survey in 2015, students admitted drinking alcohol during the last year at rates of: 58.2% for 12th graders. 41.9% for 10th graders.

Which action by a coach is an example of one of the basic principles of coaching? Trust, empathy, and active listening Trust, empathy, and active listening are fundamental for effective coaching because: Trust helps coaches build a safe environment where open communication can thrive. Empathy allows coaches to understand and relate to the coachee's experiences, fostering deeper connections.

What should a coach do to more effectively coach athletes of varying cultural backgrounds? Practice cultural self-awareness: Coaches should assess and reflect on their own cultural biases and perceptions to avoid imposing their own racial or cultural norms on athletes.

What is the purpose of the coach's legal duty to warn of inherent risks? Providing warnings to athletes and parents of the risks associated with a sport is a responsibility that likely arose from court cases after a serious sport-related injury occurred during a practice or game. Failure to perform this duty may put a coach and athletic program at risk (Trichka, 2001).

What is the best indication of a coach with good character? A good coach is positive, enthusiastic, supportive, trusting, focused, goal-oriented, knowledgeable, observant, respectful, patient and a clear communicator.

What are the three major objectives of coaching? No single decision is more important in determining how you coach than your priority for the three objectives – 1) to have a winning team; 2) to help young people have fun; 3) to help young people develop. Many coaches face a dilemma about their objectives when they coach.

What are the three P's of coaching? The 3 Ps of supervision and coaching: Philosophy, purpose and process.

What are the 6 P's of coaching? Findings The findings are presented as six principles for the process of coaching teachers for inclusion: 1) Pre-Requisite: teachers' receptivity; 2) Process: from building trust to collaborating and reflecting; 3) Precipice: tension between knowledge and beliefs; 4) Promotion: administrative support; 5) Proof: ...

What are the five rules of coaching?

How do bad coaches affect athletes? Kids who are constantly corrected by their coaches lose the joy and freedom that helps them play well. When they're criticized, they often over-think their game. They're afraid of making mistakes or doing things that will make their coach give negative feedback.

What is the most effective coaching style? Holistic coaching is one of the most popular coaching styles because it takes an employee's whole life into account. Leaders who follow this teaching method believe that each worker is a sum of their parts, and each of those parts has to be in balance to achieve best results in the workplace.

How do you deal with a biased coach? The key is to talk in a respectful manner and try to understand the coach's point of view. Parents should avoid attacking the coach or being overly aggressive, which could make matters worse. Begin by saying something like, "It seems my child gets less playing time than some of the other children. This is hard for him."

What is the conduct of the IHSAA coach? Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules. Demonstrate respect and support for officials. The coach shall not indulge in conduct, which would incite players or

spectators against the officials.

What are three reasons coaches can be found negligent for their actions? The most common causes of coach and administrator liability are 1) active negligence - doing something that accidentally causes injury to someone else, 2) passive negligence - not doing something that accidentally results in injury to someone else, 3) allowing dangerous conditions to exist, 4) improper treatment of ...

What are some legal concerns that you can be faced with as a coach? Negligence, civil rights, contractual issues, and intentional torts such as defamation and battery are all legal concepts which have an impact on how you as a coach, conduct your professional life.

What makes a bad coach? Similar to resisting change, a bad coach does not make it a priority to improve their craft. They do not value personal or professional development. They are quick to blame others for their lack of success instead of looking within themselves to make changes. A good coach is consistently learning, growing and evolving.

How can you tell if a coach is good?

What are some weaknesses coaches have? Lacking belief in themselves: Coaches who fail lack belief in themselves. If you do not believe in your own ability to succeed and in your own capacity to be victorious, how can you inspire it in others? Confidence (not arrogance) is the catalyst for all great sporting success stories.

What are the 3 C's of coaching? This is where the principles and practices of coaching—which are based on real and lasting behavior modification—can help you thrive. To meet these expectations, consider incorporating coaching into your practice, as well as adopting three common traits of highly effective coaches: curiosity, courage, and compassion.

What are the 3 P's of coaching? It also established the 3 key pillars I wanted to build the business on - Practice, People, and Progress. I call these “The 3 P's” of CoachNow Today I'm gonna explain what each means and how you can apply these core principles to your coaching business. Enjoy!

What are the 3 A's of coaching? The 3As method - Awareness, Acceptance, and Action - is a powerful coaching framework that supports individuals in embracing change and moving forward with confidence and success.

What are the 3 coaching questions? What do you hope to achieve in our time together today? What would you like to take away from our conversation? What do you need to accomplish from our discussion?

What is coaching triangle? A Coaching Triangle is formed through one person selecting a learning partner and the two together choosing a third to create a Coaching Triangle. The three attend an Orientation and using the Tri-namics resource book they create their own charter, commit to guiding principles, set goals, and sign a contract.

What are the three common coaching styles? A coach's appeal and effectiveness can vary from day to day or activity to activity and, especially for young players, that variation can be confusing and frustrating. Fortunately, there's logic behind it. The world of sport has three generally accepted styles of coaching: autocratic, democratic and holistic.

What are the 5 C's of coaching? The 5Cs are represented by the attributes and skills of commitment, communication, concentration, control and confidence - with the goal of helping organisations create 'psychologically-informed environments' that nurture the 5Cs in young athletes.

What are the 5 E's of coaching? These phases include Engage, Explore, Explain, Elaborate, and Evaluate.

What are the 4 C's of coaching? The 4Cs in Coaching - Competence, Confidence, Connection and Character/Caring.

What is the most commonly used drug among 14 to 17 year olds? Alcohol is by far the most commonly abused substance among teens and young adults. 1.19 million 12- to 17-year-olds report binge drinking in the last month.

What is the most commonly used drug among persons aged 12 and older? Among people aged 12 or older in 2021, 61.2 million people (or 21.9 percent of the

population) used illicit drugs in the past year. The most commonly used illicit drug was marijuana, which 52.5 million people used.

Which substance is abused most by the adolescent population? Adolescents use alcohol more than any other drug, including tobacco and marijuana.

What is the number one drug used by teens? Drugs used by teenagers Alcohol, cannabis and tobacco are the three most commonly used drugs among young people.

What is the drug most commonly used by older adults?

Which condition is often a result of alcohol addiction? Alcohol abuse may worsen some health problems like diabetes, osteoporosis, memory loss, high blood pressure and mood disorders. It may also increase the likelihood of accidents such as falls and fractures.

What drugs were they doing in 13? Pretty much every drug that exists is either shown or mentioned in this movie: marijuana, ecstasy, cocaine, methamphetamine, perscription painkillers, lsd, nitrous, heroin, crack, etc. Pervasive graphic drug use and drinking throughout, mostly involving underage teens.

Which type of drug has never played a role in health care? Heroin is one of the world's most dangerous opioids, and is never used as a medicine in the United States.

What substance is most likely to be abused by an older patient? Common substances of abuse in the elderly include alcohol, prescription medications (particularly correlated with polypharmacy), and illicit drugs.

What is the most used psychoactive drug in the world? Caffeine is the world's most widely consumed psychoactive substance: it is legal and unregulated in nearly all jurisdictions; in North America, 90% of adults consume caffeine daily.

Which drug creates a sleepy, relaxed, drunken feeling in patients? Benzodiazepine drugs increase the effects of GABA on your brain and body. This means these drugs can: make you feel relaxed and sleepy (sedation)

What are the big five personality traits associated with addiction? Based on the literature, the current study hypothesized that high Neuroticism, high Openness, high Extraversion, low Agreeableness, and low Conscientiousness were associated with ever illegal drug use and frequency of illegal drug use in young people.

Which adolescent behavior is most common if the parents have substance use problems? Parental Drug Use And How Children Are Affected Parental drug use and child neglect are common co-occurring conditions within families. Children who grow up in a home with parents who are addicted to drugs or alcohol are three times more likely to suffer physical, sexual and emotional abuse.

What is the greatest drug of all time? 1. Penicillin (1942) Penicillin was first developed in 1928 but started to be used in 1942. As the first official antibiotic, it marked a turning point in human history and led the way in the treatment of numerous bacterial diseases.

What is the most successful drug? Aside from the COVID-19 vaccines (which are expected to decrease in sales over the next years), AbbVie's rheumatoid arthritis drug Humira is still the world's top medication based on revenue. In 2022, Humira generated nearly 22 billion U.S. dollars of revenue worldwide.

What drug was most used in the 60s? LSD. This drug became popular in the 1960s and is still commonly used today. It's made from an acid found in a fungus that grows on rye and other grains.

The Little Book of Trauma Healing: A Guide for When Violence Strikes and Community is Threatened

In the wake of traumatic events, finding ways to heal and cope is crucial. "The Little Book of Trauma Healing" offers a comprehensive and accessible guide for individuals and communities seeking to navigate the aftermath of violence.

1. What is trauma and how does it impact us?

Trauma is a response to an overwhelming, life-threatening event that can leave lasting effects on our physical, emotional, and psychological well-being. Trauma can manifest as nightmares, intrusive thoughts, avoidance, hypervigilance, and

emotional numbing.

2. How can the Little Book help with trauma healing?

This book provides practical exercises, self-reflection questions, and tools to help readers understand their trauma experiences, regulate their emotions, and build resilience. It offers guidance on navigating the journey of healing, from addressing the initial crisis to managing ongoing triggers and finding support.

3. Who can benefit from reading The Little Book?

This book is designed for anyone who has experienced trauma, both direct victims and those affected by community violence or collective traumas. It is a valuable resource for individuals, families, therapists, and community leaders seeking to promote healing and build resilience.

4. What are the key principles of trauma-informed care?

Trauma-informed care emphasizes safety, choice, collaboration, empowerment, and cultural sensitivity. It recognizes the impact of trauma on individuals and communities and strives to create environments that support their healing and well-being.

5. How can I access The Little Book?

"The Little Book of Trauma Healing" is available in print and e-book formats through online retailers and at libraries. It is also available as a free PDF download from the website of the National Child Traumatic Stress Network (NCTSN).

Why you shouldn't build a shipping container home?

Is it really cheaper to build a shipping container home? Yes, shipping containers. According to HomeGuide, the average cost to build and install a container home is \$25,000 to \$250,000. While that's no small chunk of change, it's significantly less than you'd expect to pay for a traditional house in most parts of the country.

How much does it cost to turn a shipping container into a tiny house? Shipping container homes range in size and cost. The average cost to build a shipping

container home is around \$10,000 to \$35,000, while larger homes can cost up to \$175,000. The cost of building a container home will also increase based on your desired amenities and materials used.

Are shipping containers good for tiny homes? When it comes to building a tiny home, one of the most affordable options is to use a shipping container. Shipping containers are becoming more popular in the tiny home world as they provide an affordable and versatile option for those looking for a smaller, more sustainable living space.

What is the disadvantage of container houses? Container homes can be hot in the summer and cold in the winter, due to the steel, which is also very good at conducting heat.. In order to keep your home's temperature stable, you may need to budget for some extra work. Resale. Container homes can be difficult to sell .

Are container homes cold in winter? Overall, container homes are well insulated due to the natural insulation properties of steel construction. The addition of insulation materials, compact design, steel as thermal conductors, and renewable energy systems. These features work together to create an energy-efficient, comfortable living space.

How long do shipping container homes last? The lifespan for shipping containers that are used to build houses are even longer because these containers are not only in a friendlier environment but have also been treated and clad as part of the building process. Container homes can easily last well over 50 years with no problem.

How much does a container ship cost? There are several types of cargo ships available in the market, each catering to specific industries and cargo requirements. Small cargo ships can cost around \$10 million, while larger ones can cost over \$100 million. The size, capacity, and specifications of these vessels vary, and so does their price tag.

How hard is it to build your own shipping container home? If you're an expert contractor (or know one), you can build a shipping container home in a month or two. And it's easy enough that anyone can work with it. They're modular homes. Shipping container homes are easy to modify.

What is a cheaper alternative to a shipping container?

What size are shipping containers for tiny homes? How big are shipping container homes? Generally speaking, most container homes are either 20 or 40 feet long and 8 feet, and 6 inches tall. But within that, you need to leave some space for things like insulation — we recommend about 6 inches per side.

How do you turn a shipping container into a small house?

Is it cheaper to build a tiny home or container home? The cost of tiny homes, container homes, and ADUs can vary widely, depending on factors such as location, materials, and amenities. Container homes are the lowest cost option because the basic structure is already built.

Are shipping container houses worth it? Shipping container homes are durable but may lack the longevity that traditional houses have. A custom container home can last 25–30 years with proper maintenance, but a standard home generally lasts much longer than that, especially considering homes are passed down generations and still stand the test of time.

How safe are shipping container homes? Are container homes safe? Shipping containers are just as safe and secure as traditional homes. Just like a “stick-built” or wood constructed home, the safety of a container home depends on property construction and maintenance, but they are otherwise no less safe than a traditional home.

Do shipping container homes rust? According to containerhomehub.com, rust occurs on shipping containers when they are exposed to moisture and oxygen, which leads to oxidation (the breakdown of iron-based metals). Rust can weaken the structure of a shipping container home and lead to additional problems, such as leaks and water damage.

Are container homes safe from lightning? Because shipping containers are made of steel, they will become conductors if hit by lightning. However, if a container is grounded, the shell will act as a Faraday shield and the electricity will be conducted around the outside without affecting its contents.

What are the disadvantages of container ship?

What are the negatives of shipping container homes? Shipping container structures are made from heavy steel to transport goods, so they don't feature the necessary accommodations for a traditional living area. Door holes, window holes, and snow on the roof can compromise the structural integrity of your container.

Do container homes get too hot? Hot Climates Shipping containers are typically made from steel which conducts heat very well, but in a hot climate, keeping a container cool is easy with a few smart design choices. Choose a larger-than-necessary roof to extend over the home, shading windows from direct sunlight.

How to insulate a shipping container tiny home? Using Styrofoam as the insulating material doesn't require any build-out of stud walls to secure the panels (as batt insulation does). The panels are glued directly onto the walls of the shipping container or mounted on bars that are flush with the walls, making it the most economical insulation method.

What is the best foundation for a container home? Pier foundations are the most popular choice for shipping container homes for numerous reasons. They are relatively inexpensive, and quick to construct, a pier foundation is comprised of concrete blocks.

How to make a shipping container home last forever?

Are shipping container homes safe in tornadoes? Reasons for those to consider a shipping container storm shelter include living in hurricane-prone regions and/or areas with large quantities of tropical storms and tornadoes. Steel shipping containers are manufactured to withstand wind, rain, snow, and ice!

What is the cheapest container shipping company?

How long does it take to load a container ship? The time it takes to fully load a container ship can vary greatly depending on various factors, but it typically takes several hours to several days or weeks depending on the size of the ship and the cargo.

How much does it cost to ship a 40 ft container? On average, shipping a 40-foot container can cost anywhere between \$1,500 and \$7,000. These costs depend on various factors, like origin and destination, distance, volume of goods, and current market conditions.

Are container homes a bad investment? Prefab container homes are low-risk investments because they can be considerably cheaper to build and maintain, and may hold their value more so than a traditionally built home.

Why do shipping container homes only last 25 years? Rust is more than an aesthetic concern for your shipping container home. Rust is a significant contributor to shipping container deterioration. It weakens the structural integrity of the container walls and makes them more vulnerable to damage and water intrusion.

Is it healthy to live in a container home? Shipping container homes can be equally safe as traditional homes when proper construction and safety measures are implemented. Despite concerns about toxic chemicals and harmful paint coatings, there are ways to address these issues.

Why don't people live in shipping containers? Containers are usually coated with lead-based paint to withstand the salty air and water in the oceans. They can be toxic to your health. This is one of the reasons why a lot of shipping container home building companies are using brand new containers instead of using the older unused containers as they are very toxic.

What is the best state to build a container home?

Do container homes lose value? Investing in shipping container homes can be profitable. They can be cheaper to build and maintain than traditional homes, and they may hold their value well. Are there any resale value considerations for shipping container homes? Container homes are reported to maintain a high resale value, often 100% or more.

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Will shipping container homes rust? Container homes are no different—they are at risk of rusting if they are not handled carefully. As with many things, prevention is the first—and best—step in solving a problem. Most shipping containers are made from COR-TEN steel, which is strong, durable, and resistant to corrosion.

Can a container home last 100 years? The life expectancy of a heavily used container house is around 10-15 years with good maintenance. Infrequently used container homes can be used for up to 25 years, after which they can no longer be used.

How many shipping containers fall off each year? According to a World Shipping Council (WSC) report, up to 1,382 shipping containers are lost at sea each year. The figure is based on three year averages calculated over a 12-year period – which represents 80% of the global vessel container capacity.

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What is the problem with container shipping? This is a stark reminder of the central role of ports in the supply chain and how easily things can go off track. During Covid, when containerized supply chains experienced their worst disruption since the first container ships sailed in the late 1950s, the core problem was congestion at ports.

Do shipping containers get struck by lightning? Shipping containers are essentially metal boxes. Because shipping containers are made of steel, they will become conductors if hit by lightning.

What is the ceiling height of a container home? The average ceiling height in our container home units is approximately 8'4".

Sterile Processing Certification Study Guide

1. What is the purpose of sterile processing? A. To prepare and maintain medical devices and supplies in a sterile condition.

2. What are the key components of a sterile processing department? A. Decontamination, preparation, packaging, sterilization, and storage areas.

3. What are the different methods of sterilization used in sterile processing? A. Steam, ethylene oxide, dry heat, and chemical methods.

4. What are the quality control measures used in sterile processing? A. Monitoring, validation, and audits to ensure the safety and effectiveness of sterilized devices.

5. What are the ethical responsibilities of sterile processing professionals? A. Maintaining confidentiality, adhering to standards, and protecting the health and well-being of patients and staff.

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