

# Asep ihsa coaching online course test answers

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**Which of the following methods should be used to check an athlete's responsiveness?** The primary assessment is done in the following order: (1) Check the scene to determine that it is all right to approach the athlete safely, (2) assess responsiveness by lightly tapping or shaking (not so hard that the neck gets twisted or jostled) and talking to the athlete, (3) recognize that lack of responsiveness, ...

**What actions can an athletic trainer perform to assist with injury or illness prevention?**

**Can outdoor sport activities continue if lightning occurs within 30 seconds after it thunders?** When should activities be resumed? Because electrical charges can linger in clouds after a thunderstorm has seemingly passed, experts agree that people should wait at least 30 minutes after the last thunder before resuming outdoor activities.

**How to get a coaching certificate in Illinois?** Required courses for IHSA coaches: Non-faculty coaches must pass three exams before coaching, covering 1) general coaching principles, 2) sport first aid, and 3) IHSA by-laws.

**What four areas must be proven in order for an athlete's suit to be successful in proving negligence?** The person who was harmed has the burden of proving that the 4 legal elements of negligence are satisfied: a duty of care was owed as a result of a relationship that existed between the parties; the defendant breached the duty owed to the injured party; the breach of the duty is proved to be the cause of the harm to ...

**What should you check first in a primary assessment?**

**What are the four steps of injury prevention?**

**What are the four steps used to treat sports injury?**

**How do you control a nosebleed you should have the athlete?** To care for an athlete with a nosebleed you should have the athlete... Sit upright with head slightly forward, (if head is tilted back the athlete could choke on the blood). Give the athlete gauze and have them pinch their nostrils closed for 5 minutes.

**What are 3 activities you should not do during a lightning storm?**

**What is the 30 minute lightning rule?** "The '30-30 Rule' directed people to be in a safe place when there is 30 seconds or less between lightning and its thunder, and to wait 30 minutes or more after hearing the last thunder before leaving the safe place.

**What is the 30 30 rule of lightning thunder storms?** When You See Lightning, Count The Time Until You Hear Thunder. If That Is 30 Seconds Or Less, The Thunderstorm Is Close Enough To Be Dangerous – Seek Shelter (if you can't see the lightning, just hearing the thunder is a good back-up rule). Wait 30 Minutes Or More After The Lightning Flash Before Leaving Shelter.

**Can I be a coach without certification?** California does not have a specific state-issued licensing or certification requirement for life coaches. Unlike professions such as therapy or counseling, which have defined licensing requirements, life coaching remains largely unregulated in many states, including California.

**What is the highest level of coaching certification?** Master Coaching Certification Program To become a Master Certified Coach (MCC), you need to complete over 200 hours of intensive coach training and have more than 2,500 hours of coaching experience to apply for the MCC credential.

**How to get IHSA certified?** Once an official has completed all the necessary requirements (pay registration fee, have background check completed, successful completion of the state-required concussion training program and the IHSA Hate

Speech and Harassment program, view the current rules presentation for a particular sport, and successfully ...

**What are the 4 stages of negligence?** A negligence claim requires that the person bringing the claim (the plaintiff) establish four distinct elements: duty of care, breach, causation, and damages. This article will describe these elements in more detail.

**What are three questions athletes need to have answers for in order to make the most effective tactical decision?** athletes should answers for the following three questions in order to make the most effective tactical decisions: -what should i be looking for? -what are my best options here? -how do i need to feel and be focused?

**What are the two most important needs of athletes what do you do as a coach to help athletes fulfill those needs?** The two most important needs of athletes, as discussed in the book, are competence and relatedness. Coaches can help athletes fulfill these needs by providing effective training and feedback to boost competence and by fostering a supportive and inclusive team environment to enhance relatedness.

**What are the ABCs in primary assessment?** The mnemonic “ABCDE” stands for Airway, Breathing, Circulation, Disability, and Exposure. First, life-threatening airway problems are assessed and treated; second, life-threatening breathing problems are assessed and treated; and so on.

**What is the acronym for drab?** Understanding DRAB One simple acronym to remember is DRAB: Danger, Response, Airway, Breathing.

**What is the first thing you should do if a person is unconscious and not breathing?**

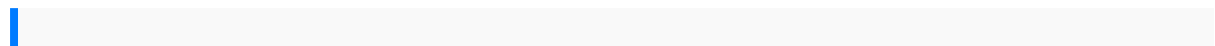
**How do you evaluate an athlete's performance?** Objective analysis traditionally involves using equipment such as 3D motion capture, force plates laser based and EMG systems. Such equipment can accurately estimate key performance indicators such as joint kinetics, kinematics and muscle activity.

**Which assessment is used to determine an athlete's reactive strength?** Tests of Reactive Strength These assessments include the drop jump, the countermovement

rebound, and the multi rebound. Each assessment will tell you the reactivity of your athlete, but will also tell you something slightly different.

**Which of the following factors may help determine an athlete's capacity to perform sustained exercise?** VO<sub>2</sub> max, or maximal oxygen uptake, is one factor that can determine an athlete's capacity to perform sustained exercise. It is linked to aerobic endurance. VO<sub>2</sub> max refers to the maximum amount of oxygen that an individual can utilize during maximal or exhaustive exercise.

**How do you evaluate an athlete's readiness to play in a game?**



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