



Signs of Overtraining: Injury Prevention for Coaches

Course Syllabus

Course Description

This course is designed to educate physical educators and coaches about overtraining in sports, which can lead to poor performance, injury, and burnout. The course will cover the signs, symptoms, and behavior patterns of overtraining and the principles of deloading and recovery to prevent overtraining-related injuries. Participants will gain an understanding of the gross mechanisms of chronic injury, including physiological, biomechanical, neurological, psychological, and emotional factors.

Based on current best practices through the National Strength and Conditioning Association and Level 1 Evidence, this course will equip coaches with the knowledge and tools to recognize signs and symptoms of overtraining and promote lifelong exercise, while also fostering better academic outcomes for student athletes. The course will also promote general health education around sleep, nutrition, self-advocacy, and stress management for student athletes.

The course is designed to be flexible, with no materials needed for participation. The lesson will be reinforced with online learning modules that include videos, readings, and checks for understanding throughout the course. Participants will be assessed through multiple choice questions, true/false questions, best option questions, and matching questions to ensure their understanding of the course material.

By the end of the course, participants will be equipped with the necessary tools to identify and manage overtraining in student athletes. They will be able to intervene early, reducing the chances of injury and burnout, and promoting better athletic and academic outcomes. Join us in this course to ensure your students stay healthy and excel in their athletic endeavors.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in recognizing, preventing, and managing overtraining in student-athletes through evidence-based health, recovery, and performance strategies.

Course Objectives

At the end of this course you should be able to:

1. Recognize overtraining as excessive training leading to fatigue and potential chronic injuries.

2. Differentiate healthy boundary pushing from overtraining, promoting athlete growth and improvement.
3. Comprehend how overtraining causes chronic injuries through repetitive stress and recovery disruption.
4. Acquire strategies to prevent overtraining in adolescent athletes, including training, rest, nutrition, sleep, and stress management.
5. Equip coaches with the skills to distinguish overtraining from healthy pushing and implement prevention strategies across athletic environments.
6. Enable learners to design and apply advanced overtraining prevention strategies in diverse athletic settings.

Modules

- Module 1: Defining Overtraining, Quiz 1
- Module 2: Prevention Strategies for Overtraining, Quiz 2
- Module 3: Coaching Recovery Basics for High School Athletes: Nutrition, Sleep, and Stress Management, Quiz 3
- Module 4: Knowing the difference between overtraining and overreaching, Quiz 4
- Module 5: Strategies for Preventing Overtraining, Quiz 5
- Module 6: Applications and Case Studies, Quiz 6

Grading:

Each quiz must be passed at an 80% or higher (three attempts allowed).

Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.