

NFHS Resources

National Federation of State High School Associations (NFHS)



The NFHS promotes amateur sports participation and athletics programs at the high school level. In addition, the NFHS provides leadership in the field of high school athletics/activities administration, establishes rules and regulations for the sanctioning of high school athletics/activities events, and formulates model rationales for high school eligibility rules for use by high school athletics/activities administrators. Additionally, the NFHS provides online education courses for high school coaches, officials, students, parents, and speech and music leaders through the [NFHS Learning Center](#)

NFHS Learn Required Courses

As per FHSAA Policy, all student-athletes and coaches are required to annually complete the following NFHS Learn courses before participation. All courses are **FREE**.

- [Concussion in Sports](#)
- [Concussion for Students](#)
- [Heat Acclimation and Heat Illness Prevention](#) | [NFHS Statement 1](#) | [NFHS Statement 2](#)
- [Sudden Cardiac Arrest](#)
- [Football Tackling](#) (*football coaches must take once every four years*)

*Please [Click Here](#) for step by step instructions to accessing a course on NFHS Learn.

OPTIONAL COURSES

The following courses are not required per FHSAA policy, but are highly recommended.

- [The Collapsed Athlete](#)
- [ACL Injury Prevention](#)
- [Appearance and Performing Enhancing Drugs and Substances](#)
- [Sports Nutrition](#)
- [Student Mental Health and Suicide Prevention](#)
- [Understanding Vaping and E-Cigarettes](#)

FHSAA SMAC Resources for Parents and Athletes

The following courses are not required per FHSAA policy, but are highly recommended.

- [Sports Safety](#)
- [Student-Athlete Safety](#) - (PDF)