

Coaches' Certification Test

Please answer the below questions to the best of your ability. You must correctly answer 10 of the 12 questions to acquire the Coaches' Certification Discount Card. Please return this test to your local Salt Lake County Recreation Center for scoring and to receive your card. THANK YOU

Name _____ Date _____

_____ 1.) The Salt Lake County Parks & Recreation Mission is to:

- A. Improve the Salt Lake Valley's quality of life by providing quality recreation
- B. Enhance the community's growth by instilling a strong value of success in tomorrow's youth
- C. Improve lives through people, parks, and play

_____ 2.) True or False....

As a non-profit agency we are not required to provide special services to individuals with special needs.

_____ 3.) Salt Lake County Parks & Recreation Philosophy is:

- A. More important than any game, is the individual participant, and his or her needs.
- B. More important than any game, is the individual participant, and his or her wants.
- C. More important than any game, is the coaches views and opinions.

_____ 4.) Which of the below is NOT in accordance with our youth sports philosophy objectives:

- A. Provide a meaningful experience for each participant.
- B. Keep winning in perspective of being the only way to enjoy the sport.
- C. Promote good sportsmanship.

_____ 5.) True or False....

Developing basic sports skills that will encourage a lifetime of interest and participation is just one of Salt Lake County's objective's in youth sports.

_____ 6.) True or False....

It is not the responsibility of the coach to maintain control of parents and spectators supporting his team.

_____ 7.) True or False....

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports events.

_____ 8.) Which is not part of managing youth behavior:

- A. Do what it takes to make each child happy.
- B. Redirect a child who is becoming angry or frustrated.
- C. Ignore negative behavior when possible.

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_____ 9.) The definition of *Sportsmanship* is:

- A. Play the game to the best of your ability.
- B. Create a competitive atmosphere that leads to a successful game.
- C. Conduct an attitude appropriate to sports, especially fair play and courtesy.

_____ 10.) The #1 reason children participate in sports is to:

- A. Be with friends and make new ones.
- B. Have fun
- C. Succeed and win

_____ 11.) Which of the following is NOT a method of motivation

- A. Emphasize fun
- B. Focus on a child's weakness and mistakes to correct them
- C. Encourage a child's strengths.

_____ 12.) The order of teaching new skills should be:

- A. Demonstrate, Introduce, Practice, Provide Feedback
- B. Introduce, Demonstrate, Practice, Provide Feedback
- C. Introduce, Demonstrate and Explain, Practice, Provide Corrective Feedback