

Strength and Conditioning Certificate Instructions



Any coach supervising the weight room or conditioning should complete this course. Upon completion please turn in your certificate to Kelly Barrett.

Course Ordering

Step 1: Go to www.nfhslearn.com or click on the link on the coaches' resource page.

Step 2: "Sign In" to your account using the email address and password you provided at time of registering for an nfhslearn account.

OR

If you do not have an account, "Register" for an account.

Step 3: Click "Courses" and select "Strength and Conditioning" from the list of courses.

Step 4: Select your state and click "Order Course."

Step 5: Select "Myself" if the course will be completed by you.

Step 6: Click "Continue" and follow the on-screen prompts to finish the checkout process.
(Note: There is a \$50.00 fee for this course.)

Beginning a Course

Step 1: Go to www.nfhslearn.com

Step 2: "Sign In" to your account using the email address and password you provided at time of registering for an nfhslearn account.

Step 3: From your "Dashboard," click "My Courses" and select the "Active" tab.

Step 4: Click "Begin Course" on the course you wish to take.

*Your course will launch on the same page of the web browser.

**Click "Back to Dashboard" when ready to exit course.

Be sure to print the certificate of completion at the end of the course and deliver a copy to the Athletic Director.

For help viewing the course, please contact the help desk at NFHS. There is a tab on the upper right hand corner of www.nfhslearn.com. If you should experience any issues while taking the course, please contact the NFHS Help Desk at 1-317-565-2023.