

**American Sport Education Program (ASEP)
Illinois Online Course Clock Hours**



ASEP online course	Clock hours
IESA Coaching Essentials online course	3
Coaching Essentials online course	2
IHSA Coaching Principles online course	40
Coaching Principles online course	40
Coaching Orientation online course	5
Sport First Aid online course	30
CPR/AED for Coaches online course	3.5*
Coaching Baseball Technical and Tactical Skills online course	35
Coaching Basketball Technical and Tactical Skills online course	35
Coaching Football Technical and Tactical Skills online course	35
Coaching Softball Technical and Tactical Skills online course	35
Directing Youth Sports Programs online course	6
Officiating Principles online course	10
Coaching Youth Baseball	3
Coaching Youth Basketball	3
Coaching Youth Football	3
Coaching Youth Soccer	3
Coaching Youth Softball	3
Coaching Youth Tennis	3
Coaching Youth Volleyball	3
Coaching Youth Wrestling	3
* The online portion is 2.5 hours and the classroom portion is 1 hour.	