

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



| <b>ASEP online course</b>                                              | <b>Clock hours</b> |
|------------------------------------------------------------------------|--------------------|
|                                                                        |                    |
| 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. |                    |