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# **FUNDAMENTALS OF COACHING FINAL EXAM QUESTIONS AND ANSWERS WITH SOLUTIONS 2024**

Who do coaches struggle with the most? - ANSWER parents, attitudes of athletes, discipline, drug abuse, and officiating

\_\_\_\_: induce false feeling of "all's well" when the user is fatigued; short-circuit feelings of exhaustion, requiring the body to use up its reserves; might experience total collapse - ANSWER Stimulant

\_\_\_\_: lose control of body functions; become restless, hostile, and quarrelsome; ex: alcohol - ANSWER Depressant

\_\_\_\_: not usually associated with a sport; ex: LSD, marijuana - ANSWER Hallucinogens

\_\_\_\_: natural hormone products to rapidly build up strength and endurance; drastic increase in lean body weight and change in behavior - ANSWER Steroids

\_\_\_\_ \_\_\_\_: self-imposed starvation in an obsessive effort to lose weight and become thin - ANSWER Anorexia Nervosa

\_\_\_\_: recurring binge eating usually followed by some method of purging such as vomiting, diuretic or laxative abuse or intensive exercise - ANSWER Bulimia

\_\_\_\_: anorexia nervosa with the practice of one or more bulimic behaviors - ANSWER Bulimarexia

How to deal with parents? - ANSWER 1. follow the rules

2. never talk to a parent angry

3. never talk to a parent or athlete without a witness

4. communicate your expectations

5. do what you say you'll do

# Answer To Nfhs Fundamentals To Coaching

**WJ Hussar**



## **Answer To Nfhs Fundamentals To Coaching:**

## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Answer To Nfhs Fundamentals To Coaching**

In a world inundated with monitors and the cacophony of quick transmission, the profound energy and emotional resonance of verbal artistry frequently diminish into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, situated within the musical pages of **Answer To Nfhs Fundamentals To Coaching**, a captivating perform of literary elegance that impulses with organic feelings, lies an remarkable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that magical opus guides visitors on an emotional odyssey, gently revealing the latent possible and profound impact stuck within the delicate internet of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is key subjects, dissect their interesting writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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