

# Quickstart Guide

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## Roster Upload

First and foremost, you need to add your employees. There are two methods to enter users in the system:

1. **Manual Input** – You can add new users individually. [Learn how here.](#)
2. **File Upload (for 10 or more users)** – You can send us an Excel or CSV file with your employees' information [using this template.](#)

*Tip: If you have a large enough pool of employees, make sure to utilize the Groups function! You can separate your employees by their training needs and assign courses to the whole group at once.*

[Learn more about creating groups here.](#)

## Determine Training Topics

The second step to a successful training program is establishing the topics you want to train on. When selecting topics, be sure to consider:

### 1. Your state's regulations and requirements

We have recommended courses that are tailored to each state's training requirements. You can download your state's requirements and our [recommended courses here.](#)

While we do work with each state, it is still a good idea to meet with your state's licensing body to ensure that you are meeting their requirements.

### 2. Whether you provide Medicare/Medicaid services

If so, make sure you meet the Federal requirements. Our 13 recommended courses can be found in your [State Regulations document.](#)

## Create Learning Paths

Once you know what courses you want to utilize, Learning Paths are a great way to organize your training curriculums. There are two basic uses for Learning Paths:

### 1. Onboarding/Initial Trainings

Make onboarding easier by setting up Automatic Assignments for new users. [Learn how here.](#)

### 2. Annual Trainings

These typically consist of 12 hours of training. Please refer to your State Regulations document to check for any state specific requirements.

Medicare/Medicaid waivers have specific requirements that are also listed in your [State Regulations document.](#)

*Tip: If you have made any changes to the courses included in an annual Learning Path, be sure to un-assign the Learning Path from your users, then re-assign it. This helps keep your reporting clean and easy to understand.*

## Assign Courses

Ready to assign courses and learning paths to your staff? Refer to [these instructions](#) for next steps to create assignments.

## Send out Welcome Email to all Caregivers

Once you've made your assignments, your employees are ready to begin training! Send your employees an email to notify them of their login information.

## Reporting

Now that your employees have begun their training, you need to keep tabs on who has done what. The best way to do this is via the Reports tab. [Learn more about Reports and Transcripts here.](#)

# Sports Training Quick Start

**Daniel D. Arnheim**



## **Sports Training Quick Start:**

Sports Training Rebecca Morris, 2024-07-30 Athletes in every sport fine tune their training to succeed on the field court or rink Sports training programs are as unique as the many athletes who play our favorite games This title examines the methods that allow athletes to thrive and provides detailed instructions on how to start training like the world's greatest athletes Features include a glossary references websites source notes and an index Aligned to Common Core Standards and correlated to state standards Essential Library is an imprint of Abdo Publishing a division of ABDO *Racing Weight Quick Start Guide* Matt Fitzgerald, 2011-11-01 Begin losing 5 10 or 20 pounds in 4 6 or 8 weeks Matt Fitzgerald's *Racing Weight Quick Start Guide* applies all the principles of his best selling book *Racing Weight* in a detailed set of weight loss training plans You will devote 4 to 8 weeks to starting a weight loss of 5 10 or 20 pounds Lose weight quickly by following a schedule of high intensity workouts and strength training as well as a menu of calorie restricted high protein meals and snacks Low volume and high volume plans make it possible for cyclists runners and triathletes with a wide range of experience to maintain their training levels Replace fat with muscle while keeping your appetite in check Once you've hit your quick start weight loss goals you will continue dropping unwanted pounds using the proven strategies of the *Racing Weight* program Zero in on your racing weight through improved diet quality balanced macronutrient levels proper timing of meals and snacks appetite management and training for lean body composition The *Racing Weight Quick Start Guide* will accelerate your season goals so you'll be racing leaner and faster than ever before Training for Sports Walter Camp, 1921 **The Training of the Body for Games, Athletics, Gymnastics, and Other Forms of Exercise and for Health, Growth, and Development** Ferdinand August Schmidt, Eustace Miles, 1901 *Earth Observation Using Python* Rebekah B. Esmaili, 2021-08-04 Learn basic Python programming to create functional and effective visualizations from earth observation satellite data sets Thousands of satellite datasets are freely available online but scientists need the right tools to efficiently analyze data and share results Python has easy to learn syntax and thousands of libraries to perform common Earth science programming tasks *Earth Observation Using Python A Practical Programming Guide* presents an example driven collection of basic methods applications and visualizations to process satellite data sets for Earth science research Gain Python fluency using real data and case studies Read and write common scientific data formats like netCDF HDF and GRIB2 Create 3 dimensional maps of dust fire vegetation indices and more Learn to adjust satellite imagery resolution apply quality control and handle big files Develop useful workflows and learn to share code using version control Acquire skills using online interactive code available for all examples in the book The American Geophysical Union promotes discovery in Earth and space science for the benefit of humanity Its publications disseminate scientific knowledge and provide resources for researchers students and professionals Find out more about this book from this Q A with the Author **The Men's Health Big Book of 15-Minute Workouts** Selene Yeager, Editors of Men's Health Magazi, 2011-10-25 Men love shortcuts If there's

a way to accomplish a job quicker and more efficiently they're all for it That goes for work and working out Now new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism his fat burning furnace as a workout lasting more than twice as long All it takes is 15 minutes to achieve lifelong results and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes The Men's Health Big Book of 15 Minute Workouts contains fast paced circuit training and interval workouts that boost calorie burn build muscle and fry belly fat in half the time of regular workouts Readers can choose from at home body weight only workouts and total body barbell programs to exercises that target major muscle groups the chest arms legs and back and sport specific workouts Other highlights include a special section of 15 minute core workouts to build a rock hard six pack an eating plan with delicious meals that take 15 minutes or less to prepare workouts for the office or when you're traveling and can't make it to the gym hundreds of tips from America's best trainers nutritionists and exercise scientists

**The Badminton Magazine of Sports and Pastimes** Alfred Edward Thomas Watson, 1913

**Adapted Physical Education and Sport** Joseph P. Winnick, David L. Porretta, 2021-10-29 This top selling text now in its seventh edition is the go to text to prepare students to teach people with disabilities Adapted Physical Education and Sport provides comprehensive and clear guidance for professionals working with people with unique physical education needs differences and abilities New to This Edition No other adapted physical education text has sold more copies than this book but the contributors are not resting on their laurels The text is loaded with new and updated material Enhanced coverage of universal design for learning with strategies and applications presented throughout the text A new chapter devoted entirely to adventure sports and activities A chapter on adapted sport that has been further developed to reflect the progress in the field Enhanced coverage of sport specific injuries and prevention Also new to this edition are related online learning aids delivered through HKPropel including assignable learning and enrichment activities to help students apply the book's foundational knowledge The HKPropel resources also include an instructor guide with teaching tips and strategies ideas for an introductory course in adapted physical education and sport and a sample syllabus Other tools include a test bank video clips demonstrating 26 of the fitness tests from The Brockport Physical Fitness Test Manual and forms tables and calculators related to the Brockport Physical Fitness Test In addition the team of 30 highly renowned contributors includes 12 new voices who add their perspectives to the content More Features Adapted Physical Education and Sport offers readers much more Chapter opening scenarios that introduce one or more of the chapter's concepts Application examples that explore real life situations and show how to apply the text concepts to solve relevant issues Print video and online resources in the text and through HKPropel Appendixes that include definitions based on the Individuals with Disabilities Education Act IDEA contact information for organizations associated with adapted physical education and sport information related to the Brockport Physical Fitness Test a scale to evaluate adapted physical education programs and more The book's contents are aligned with the IDEA legislation and will help current and future

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**The Amateur's Guide** John Goulding,1879      **The Badminton Magazine of Sports and Pastimes** ,1913      *Essentials of Athletic Training* Daniel D. Arnheim,1991      Athletic Journal ,1923 Vols 9 10 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the 3d 6th annual meeting of the National Association of the Basketball Coaches of the United States      **Outing; Sport, Adventure, Travel, Fiction** ,1893      **Modern Principles of Athletic Training** Daniel D. Arnheim,1985      *Cycle Sport* Peter Konopka,1989 First published in 1989 and now available in paperback a title which offers information on cycling including sections on equipment riding skills training diet competition and sports medicine Approved by the British Cycling Federation

**Billy Sunday, His Tabernacles and Sawdust Trails** Theodore Thomas Frankenberg,1917      **Fitness and Injury in Sport** Simon Sidney Knight,1952      Athletic Training Samuel Ernest Bilik,1917      The World Book Michael Vincent O'Shea, Ellsworth D. Foster, George Herbert Locke,1918      **The High School Teacher** ,1927

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