



Coach Education
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Concussion in Sports - What You Need To Know

Sports-related concussion in high school sports can be serious or even life-threatening situations if not managed correctly. National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. Mick Koester M.D., ATC, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon takes you through this course. In this course you will understand the impact sports-related concussion can have on your players, how to recognize a suspected concussion, the proper protocols to manage a suspected concussion, and steps to help your player return to play safely after experiencing a concussion.

Unit 1: Concussion Overview

- Introduction
- What is a concussion?
- What happens to the brain?

Unit 2: The Problem

- How common are concussions?
- Signs and Symptoms
- When to seek immediate medical attention

Unit 3: Your Responsibility

- What should I do if a concussion is suspected?
- What can happen if I play with a concussion?
- Returning to activity play
- How can I prevent a concussion?

Unit 4: Review

- Quiz
- Conclusion

Resources: States with Specific Return To Play Guidelines