



Concussion in Sports

What You Need to Know

Available at www.nfhslearn.com

Course Features:

- Available at no cost to users
- Accessed 24/7/365 at www.nfhslearn.com
- Unlimited access for one year
- Complete in twenty (20) minutes
- Verify user completion using the "Coach Search" feature at www.nfhslearn.com
- Printable resources for coaches and parents provided by the Centers for Disease Control (CDC) and the National Federation of State High School Associations (NFHS).

Course Objectives:

- Educate coaches, parents, officials, and students about concussions
- Identify the signs and symptoms of concussions
- Understand the problems associated with concussions
- Explain the actions to take when a concussion is suspected
- Identify responsibilities of coaches, parents, officials, and students regarding concussions

A screenshot of the course interface. At the top, there are logos for NFHS and CDC. The title "Concussion In Sports - What You Need to Know" is centered. Below the title is a navigation bar with tabs for "1", "2", and "3", and buttons for "PREVIOUS", "NEXT", and "PLAY". The main content area features a large image of a football player lying on the ground being attended to by a coach. Text overlaying the image reads: "The adolescent brain is particularly vulnerable to injury." Below the image are two buttons: "TRANSCRIPT" and "RESOURCES". At the bottom, a small text box states: "Concussions are of concern in high school sports for two main reasons. First, the adolescent brain is particularly vulnerable to sustaining a concussion and it also takes longer for their brain to heal following a concussion. Secondly, many high schools do not have access to an on-site team physician or athletic trainer. Thus, the coach must be responsible for the health and safety of his or her team."