

Concussion Awareness: Athletics

Estimated time to complete: 25 mins.

Course Description

The dangers of concussions and head injuries in organized sports have been gaining increased attention in recent years, especially among middle school and high school athletes. The more scientists learn about the prevalence and dangers of youth concussions, the more states, school districts, leagues and schools have sought to enact policies to minimize dangers. Built around guidelines established by the Centers for Disease Control and Prevention (CDC), SafeColleges' Concussion Awareness for Athletic Coaches and Staff course is geared towards middle school and high school coaches and athletic staff. The goal of this course is to familiarize coaches, athletic directors, administrators and other athletic staff members with concussion dangers – as well as suggest smart policies to minimize concussion risk and ensure proper care for student athletes.

Common Themes

- Understand what a concussion is, and why it's such a serious injury
- Signs and symptoms of concussions
- Explain the dangers of multiple concussions
- Smart policies and procedures if you suspect a student athlete has sustained a concussion

Author

Brent George is a physical therapist and licensed/certified Athletic Trainer, who holds a Master of Physical Therapy degree from the University of Puget Sound. He has been a part time faculty member at the University for 10 years where he teaches biomechanics, functional exercise and injury assessment/treatment. He has been a consultant to the Universities of Oregon, Washington, and Puget Sound Athletic Departments. Brent has also worked closely with amateur, collegiate and professional athletes including the Seattle Seahawks.

Training Environments

SafeColleges is ideal for a blended learning environment, complementing in-service or video training, or as a stand-alone training course. The *SafeColleges* approach engages the learner in an e-learning environment; while a Compliance Management System automatically tracks his/her progress through the courses. This assists the campus administrator or training coordinator in demonstrating compliance.

For a free evaluation, email info@safecolleges.com or call 1.800.434.0154.