

National Federation of State
High School Associations



Sudden Cardiac Arrest



Sudden Cardiac Arrest is the number one cause of death in student athletes during exercise across the United States. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood. With content developed by Simon's Fund, this course will help you learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest. Also included are tips for what to do in the critical moments after an individual suddenly collapses in order to save their life.


Course Objectives

- Understand what sudden cardiac arrest is
- Recognize the warning signs and symptoms of sudden cardiac arrest
- Learn what to do if a player collapses during physical activity

Units

- Introduction
- Sudden Cardiac Arrest
- Post Test

More

- Unlimited access to course & resources for 90 days from order date
- FREE Course
- Use to fulfill  certification requirements
- Approved by NFHS for 1 course clock hour

More Information at nfhslearn.com!