



Concussion in Sports

Course Objectives:

- Understand what concussions are & their impact on players
- Describe what happens to the brain when a concussion occurs
- Recognize the complications associated with concussions
- Acknowledge the impact of concussion in high school athletics
- Recognize signs and symptoms of concussion
- Know when additional medical attention is needed
- Understand what your responsibilities are in concussion management
- Understand the proper concussion management protocols
- List the steps a player should use to return to active play safely after 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

- Test
- Conclusion

Resource Summary: States with Specific Return to Play Guidelines, A Parents Guide to Concussion in Sports, Athlete Fact Sheet, Clipboard Sticker, Coach Guide, Concussion Physiology, Emergency Care Plan, Gender Differences, Heads Up to School – Checklist, School Concussion Policy Example, Signs and Symptoms Poster, Student Interviews (Video), Student's Concussion Experience (Video) and A Mother's Perspective (Video)