



**Coach Education**  
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## **Sudden Cardiac Arrest**

### **Course Objectives:**

- To recognize the warning signs and symptoms of sudden cardiac arrest
- To learn what to do in the critical moments after an individual suffers sudden cardiac arrest

### **Unit 1: Introduction**

- Welcome
- Pre-test

### **Unit 2: Sudden Cardiac Arrest**

- Introduction
- What is Sudden Cardiac Arrest?
- Warning Signs and Symptoms
- What to Do If Your Player Collapses

### **Unit 3: Course Conclusion**

- Post-test
- Course Conclusion