Creating Safe Sport and Physical Activity Experiences, Part II
Course Syllabus

Course Description

Part two of a three-part professional development program on creating safe sporting experiences. Participants will learn safety guidelines for participants of varying ages to partake in fun, healthy activities, both individual and team. Topics include equipment selection, activity limits for injury prevention, and concerns regarding overtraining and sport specialization. Also included is how to develop an Emergency Action Plan for any practice or game setting, evaluation of safe vs dangerous playing areas, as well as recognizing minor/major injuries and concussion.

Course Objectives

At the end of this course you should be able to:

1. Obtain the skills needed to create a risk management plan.
2. Identify safety regulations for helmet fitting in sport.
3. Perform the proper steps for bat selection and properly fit shoulder pads for football, hockey or lacrosse.
4. Follow guidelines for youth strength training.
5. Identify safety guidelines for youth distance running.
6. Identify safety guidelines for outdoor sport activities and proper recovery methods.
7. Recognize and Prepare an Emergency Action Plan for a specific venue.
8. Identify an emergency situation.

- Module 1: Risk Management, Quiz 1
- Module 2: Learn the steps for properly fitting helmets, Quiz 2
- Module 3: Bat selection, extra safety equipment, Quiz 3
- Module 4: Strength Training, Quiz 4
- Module 5: Youth Distance Running, Quiz 5
- Module 6: Injury Prevention Recovery, Quiz 6
- Module 7: Emergency Action Planning, Quiz 7
- Module 8: Youth Emergency, Quiz 8

Grading

Each quiz must be passed at an 80% or higher (retakes allowed).

Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find readings that will help you to answer quiz questions.