



# Recognizing and Managing Sport Related Concussions Course Syllabus

## Course Description/ Purpose

The purpose of this professional development course is to help coaches, athletic administrators and teachers with the identification and management of sport-related concussion. A variety of concussion assessment tools are provided. Additionally, this course covers important information to assist classroom teachers who work with students recovering from concussion and other forms of traumatic brain injury.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in concussion identification, management, and recovery support, including evaluation tools, Return to Learn protocols, and best practices for safely returning athletes to play and the classroom following brain injury.

## Course Objectives

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

1. Identify the mechanism of concussion injury, the structures affected, and the physiological response the injury has.
2. Recognize common signs, symptoms, and behaviors associated with concussion injury.
3. Identify best practices for managing concussion in the sport setting, including how to evaluate athletes for possible concussion.
4. Recall best practices for safely and successfully guiding an injured athlete back to sport participation following concussion using a stepwise sequence.
5. Recall ways you, as a teacher, can assist in the concussion recovery through appropriate return to learn (classroom) accommodation planning.
6. Complete the National Federation of State High School Associations (NFHS) concussion certification course and take the Coaches' Pledge for concussion.

## Modules

- Module 1: Mechanisms of Concussion Injury, Quiz 1
- Module 2: The Signs, Symptoms and Behaviors of Concussion, Quiz 2
- Module 3: Best Practices for Concussion Management, Quiz 3
- Module 4: Returning Athletes to Play Following Concussion, Quiz 4
- Module 5: Returning Students to the Classroom Following Concussion, Quiz 5
- Module 6: A Review on Concussion and an opportunity to take a Certification Course (Certification is Optional), Quiz 6



**Grading:**

Each quiz must be passed at an 80% or higher (three attempts 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 reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.