



Athletic Concussion

A Coach's Headache

EDUO 9781

1 Semester Credit/Unit

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Note: This is a Public syllabus of the course. For a full detailed syllabus please email the instructor.

Course Overview

The public (as well as coaches at all levels of sports) has recently become conscious of the frequency and seriousness of athletic concussions whether in professional, collegiate, prep or youth sports both male and female and even in cheerleading. Because of this new awareness, today's coach must prepare thoroughly for prevention, detection and maintenance techniques regarding concussions. This course is designed to give the coach some "headache" relief.

Upon completion of this course the teacher/coach's awareness of the problem of athletic concussion will be heightened and a concussion policy will be developed

Course Objectives

In this course participants will have opportunity to:

- Give evidence of her/his awareness of the student athlete concussions problem
- Develop communication systems concerning concussions to student athletes, their parents and teachers
- Create prevention and maintenance concussion policies

Assignments

1. The Problem

Read the following four resources

- <http://www.scientificamerican.com/article/unschooled-in-hard-knocks/>
- http://www.mshsaa.org/resources/pdf/IYSBIPreventionReport_1213v2web.pdf

1a. Review your history with the **problem** of athletic concussions. Note the question is not asking about your injury history but about your history of involvement with the problem (which **might** include a personal injury).

1b. Describe a head injury that occurred before the athletic concussion problem became public news that you either personally knew about or heard of. Include in your description the result of the injury.

Note that the purpose of the following exercises is to create better odds that the answer to 1c would be yes!!!

2. Prevention

Read the following three resources and view the two videos.

- <http://sportsconcussion.bianj.org/concussion-prevention/>
- http://www.parachutecanada.org/downloads/programs/activeandsafe/Sport_Concussion_Education_and_Prevention.pdf

Don't write out complete policies for the prevention section. Just make statements of what you would do.

2a. What will you do to prep your playing or performing area before practice and before games or performances to help prevent head injuries?

2b. What will you do to prepare your athletes for practice to help prevent head injuries?

3. Detection

Read the following two resources

- <http://sportsmedicine.about.com/cs/head/a/concussion.htm>
- <http://dailynaturalremedies.com/11-symptoms-of-a-concussions/>

How will you inform and what will you tell the following groups about concussions symptoms?

Your Athletes:

3a. How will you inform them?

The Faculty at Your School:

3c. How will you inform them?

The Parents of Your Athletes:

3f. What will you say?

4. Maintenance

Read the following resources

<http://www.nationwidechildrens.org/coachs-guide-to-concussions>

Write a memo or letter that spells out just how to care for a suspected or actual concussion and what to expect from the athlete to the following groups:

4a. Your athletes

5. Policy

Look over the Ohio High School Athletic Association’s policy on athletic concussions

<http://www.ohsaa.org/medicine/Concussions/ConcussionRegulations.pdf>

Create a policy for your program that you would use and which addresses your athletes, their parents and teachers. Assignment #5 does not have to be as detailed and formal as the above resource which is only an example for you to look at.

Assignment 5

Compose your policy concerning athletic concussions that includes preparation, detection and maintenance.

6. Concluding Assignment

During a practice one of your athletes received a head injury that resulted in a concussion. Even though you distributed your policy from assignment #5 to all parties and followed it to the letter, a parent notified the school district that they might sue.

The school district’s attorney writes a letter notifying the parents that while the school district is very sorry about their child’s injury, they have no case against the coach or the school district because --- assignment 6 is the *because* part of that letter.

Assignment 6 The letter – (let’s hope you never have that headache)

Course Assessment Rubric

Exemplary: A+ to A-	Acceptable: B+ to B-	Unacceptable:
Reflective, thoughtful ideas relevant to the assignments are clearly stated	Satisfactorily completes all assignments	Ideas are not clear or relevant
Concussion policies are well organized	Generally well organized	Shows little or no organization
Responses show that resources have been well understood	Responses show that resources were read	Few or no facts or specific details from the resources
Free of spelling and/or grammatical errors	Writing contains a few spelling and/or grammatical errors	Numerous spelling and/or grammatical errors make the writing difficult to read