Athletic Concussion
A Coach’s Headache
EDUO 9781 1 Semester Credit/Unit
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Course Description
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.

Course Goal
Upon completion of this course the teacher/coach’s awareness of the problem of athletic concussion will be heighten and a concussion policy will be developed

Instructions:
Read this Syllabus which includes Objectives, a Grading Rubric and all course assignments. You may want to print it.

Place ALL your completed assignments in one document. When you have completed all assignments, upload your single document to the DropBox for Completed Assignments.

Course Objectives
The teacher will:
- 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


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.

1c. Do you believe the outcome described in 1b could have been different if it had occurred after 2011? Explain!

**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.

**A.** [https://orthonc.com/your-health/tips-on-concussion-prevention](https://orthonc.com/your-health/tips-on-concussion-prevention)


View the video in each of these two resources

D. https://www.youtube.com/watch?v=a5v1mAgpVOk&ebc=ANyPxKpiPfjq5X5j8dpGLMYnxf6Dmb3y_FC4NKlf6wVjCo
h2EOK0eQC0zvBDQVxs4v2vkzH8GaNVZ-6doJ8kLWR70lViA9w_Q

E. http://www.cdc.gov/headsup/basics/concussion_prevention.html

Don’t write out complete polices 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?

2c. What will you doing games or events that will help to prevent head injuries?

2d. What other prevention procedures will you enact to help prevent head injuries?

3. Detection

Read the following two resources and few videos

• http://sportsmedicine.about.com/cs/head/a/concussion.htm
• https://www.cdc.gov/headsup/basics/concussion_symptoms.html

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

Your Athletes:

3a. How will you inform them?
3b. What will you say?

The Faculty at Your School:

3c. How will you inform them?
3d. What will you say?

The Parents of Your Athletes:

3e. How will you inform them?
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**
- **4b. The faculty at your school**
- **4c. The parents of your school**

5. Policy

Look over the Ohio’s policy on athletic concussions


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 detailed – only general statements

- **5a. Athletes**
- **5b. Parents**
- **5C. Teachers**

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)

Instructions for coursework submission:

Place ALL your completed assignments in one document. When you have completed all assignments, upload your single document to the DropBox for Completed Assignments.

You are allowed 9 months to complete the course. If you have questions about the course, you can reach your Instructor by email.

Tony Battilega: tbattilega@dominicancaonline.com

For questions involving your registration or other non-course related questions, contact us at support@dominicanCAonline.com or see http://dominicancaonline.com/faq.htm for more information.
## COACHING STUDENT ATHLETES SERIES 1 unit/credit each

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## ATHLETIC COACHING SERIES 3 units/credits each

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