



# Concussion in Sports - What You Need to Know

## Ordering Information at [www.nfhslearn.com](http://www.nfhslearn.com)

**Concussion In Sports - What You Need to Know**

Unit 1: Concussion Overview  
 Introduction  
 What is a concussion?  
 What happens to the brain?  
 Unit 2: The Problem  
 Unit 3: Your Responsibility  
 Unit 4: Review  
 Course Evaluation

**When in doubt, sit them out!**

TRANSCRIPT      RESOURCES

Hi, I'm Dr. Mick Koester, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon.

As you are well aware, concussions have become a huge topic of discussion over the past few years. Unfortunately, they are a common problem in sports and have the potential for serious complications if not recognized early and managed correctly.

What may appear to be only a mild jolt or blow to the head or body can result in a concussion. While concussions occur at all levels of sports,

**CONCUSSION IN SPORTS WHAT YOU NEED TO KNOW**  
 CLICK TO ACCESS THIS FREE COURSE

**Get Certified!**  
 Click here to get started!

**Fundamentals of Coaching Softball**  
 New course now available!

**NATIONAL ACCREDITATION**  
 Fundamentals of Coaching and First Aid for Coaches are the first online courses accredited by NCACE.

**CORE COURSES**  
 Click to learn more about these NFHS Core Courses:  
 NFHS Fundamentals of Coaching  
 First Aid for Coaches

**NFHSLEARN.COM - A CUSTOMIZED EXPERIENCE!**  
 Get a custom approach to the NFHS Learning Center that is specifically designed with your sport and experience in mind!  
 Select the sport you coach from the list below and discover courses and tools geared toward your coaching expertise.  
 Please select your sport to get started:  
 Please Select

## Steps to access the FREE course:

1. Go to **[www.nfhslearn.com](http://www.nfhslearn.com)**
2. Sign in with your e-mail and password if you have previously registered.
3. If you need to register, it will only take a couple of minutes. All users at [www.nfhslearn.com](http://www.nfhslearn.com) must be registered with a unique e-mail address and password.
4. Toward the upper left-hand part of the screen, you will see the "Click to Access This Free Course" for **"Concussion in Sports — What You Need to Know."**
5. You can order licenses as an individual to take the course yourself OR you can purchase courses in bulk if you intend to distribute the courses to others (there is a limit of 99 licenses per any one order).
6. Note: You will need to click on "Save" once you have put the course(s) in your cart and before you can proceed to Checkout.
7. As you go through the process you will see that you are using the "purchasing process" that is standard for NFHS Coach Education courses. You are not being charged anything for the Concussion courses. You do have the ability to order other courses at the same time, and you will be asked for payment for those.
8. You can then start the course if you ordered as an individual or begin distributing the licenses if you ordered in bulk.
9. If necessary, refer to the form regarding distributing bulk licenses. It can be found in the Locker Room at [www.nfhslearn.com](http://www.nfhslearn.com).

**The online concussion course is offered at no cost to the user.** Once you have finished, you will be added to the database as having completed the course. The name of the individual completing the course will appear in the "Coach Search" feature as having completed this course along with any other courses completed at **[www.nfhslearn.com](http://www.nfhslearn.com)**.