

COURSE OUTLINE



MODULE 04

Learn the risk of Sickle Cell disease and how to identify some common physical injuries unique to Youth athletes and to Female Youth Athlete.

MODULE 05

Heat Illness, Sudden Cardiac Arrest, Head and Neck Injuries, and Asthma.

MODULE 03

Learn some of the causes of overuse injury and how to recognize the signs and symptoms of overuse and to recognize and respond to joint and bone trauma.

MODULE 02

Recognize the signs and symptoms of a concussion and the dangers of Second Impact Syndrome. Learn management of concussions and safe return to play that comply with Alabama Law.

MODULE 06

Learn about Emergency Action Planning, the components of a 911 call and the importance of a pre-participation physical (PPE) and access to medical records and parental rights.

MODULE 01

Learn the physical and emotional characteristics of the Child Athlete; and tips for communicating with children and their parents. And understand the coach's responsibility in appropriate aged training and the importance of the coach's influence in protecting children.

MODULE 07

Document covering proper means and techniques for fitting equipment; helmets, shoes, arm and leg pads, shin-guards and shoulder pads.