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Courses - Health & Safety

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## ACL Injury Prevention

Every season, ACL injuries take thousands of students out of the game. To help you reduce the risk of ACL injuries for your student-athletes, the NFHS has partnered with the Hospital for Special Surgery to bring you this course.



This course is designed to teach you about the causes of ACL injury, how to identify and correct movement deficiencies that can lead to ACL injuries, and how to effectively lead a Neurodynamic Warm-Up before practices and games.

## Afterschool Security

Creating a safe school environment for afterschool activities is everyone's responsibility. Events and news stories across the country have helped to heighten concerns among educators and parents about school safety. This important course presents practical strategies for developing and implementing a school safety team and an afterschool activities supervision plan.

## Appearance and Performance Enhancing Drugs and Substances

The use of Appearance and Performance Enhancing Drugs and Substances, or APEDS, affects every school. To help the interscholastic community address this issue, the NFHS has created this APEDS course. The course explains what APEDS are, what forms they take, and what their effects can be on students. It highlights the reasons why students use APEDS in and out of athletics and gives guidance and resources for detecting and preventing the use of APEDS. No matter what your relationship is to high school activities, this information will be beneficial to you.



## Bullying, Hazing and Inappropriate Behaviors

Protecting students doesn't happen just on the court or on the field. More and more, news media and criminal investigations are documenting examples of inappropriate relationships, sexual harassment, hazing, and bullying. In a fast-growing world of electronic and social media, these issues are becoming more prevalent and, in some cases, more severe. That is why the National Federation of State High School Associations has developed the course Bullying, Hazing, and Inappropriate Behaviors. This course takes a hard look at these difficult issues and provides recommendations and procedures that coaches should follow to protect their students, their program, and themselves.



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## **Communicable Skin Infections**

Nothing is more important than the health and safety of the students that participate in interscholastic athletics. A common issue that occurs during participation is the presence of communicable skin infections. That is why the National Federation of State High School Associations has developed the course, Communicable Skin Infections. This course has been designed to help coaches, parents, and students know what communicable skin infections are, be able to identify the various types of them, understand ways to evaluate and treat an infection if it occurs, and know how to prevent future occurrences from taking place. So take the course, Communicable Skin Infections, available for FREE on the NFHS Learning Center.

## **Concussion in Sports**

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion. Each state's requirements for concussion management are included as part of the course.

## **Concussion for Students**

Concussion for Students, developed in Partnership with the Barrow Neurological Institute, has been designed specifically for students to inform them on how to identify, react to, and prevent concussions. This free course is presented as a social media conversation, showing how four different students learn about concussion in different ways. It includes high school students and medical professionals discussing concussion. The key goal is for students to be able to identify signs and symptoms of a concussion so that they can get immediate help before any further injury can occur.



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## **CPR and AED Training**

While interscholastic activities promote health, competition, and teamwork, the potential for medical emergency is always present. The NFHS, in partnership with the Vanderbilt Youth Sports Health Center, has developed this CPR and AED course to help school programs be more prepared for these emergencies.

This course will highlight the Importance of creating, implementing, and maintaining an emergency action plan, along with the ways in which you can identify a sudden cardiac arrest emergency. This course includes demonstrations of what to do when someone collapses – calling 911 and managing the area, properly performing CPR, and how to appropriately use an AED. You will learn practice techniques that you can use to build your confidence before an emergency occurs.

## **First Aid, Health and Safety**

There may be no more critical element in the ability of interscholastic students to participate in activities than their health and safety. This is why the NFHS has partnered with the American Red Cross to bring you First Aid, Health and Safety. This online course is designed as an overview of first aid, including best practices for many situations requiring medical attention. The skills taught in this course do not replace the expertise of a medical professional but they do offer guidelines and techniques for temporary assistance until medical experts arrive on the scene. And because accidents or injuries can happen anywhere, not all of the knowledge and skills you will learn in this course are strictly for athletic injuries. They may also be used to aid officials, fellow coaches, and spectators who become injured or fall ill.



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## Hazing Prevention for Students

Every year, students across the country are affected by incidents of hazing. Together we can end the useless, counterproductive, and often dangerous practice of hazing. This hazing course has been designed to teach students how to identify hazing, when to step in when needed, and why they should notify the proper authorities. This course defines hazing and its many types, highlights why it is different from bullying, and explains your power as a bystander and how you can change the culture of how you welcome new members. To learn more about hazing and the role you can play, take this free course.



## Heat Illness Prevention

Exertional Heat Stroke is the leading cause of preventable death in high school athletics. To help you minimize the risk of heat illness at your school, this course has designed to provide the fundamentals of a strong heat acclimatization plan and guidelines for limiting activities to account for changing environmental conditions and other contributing risk factors. It highlights the importance of an appropriate hydration plan and establishing an Emergency Action Plan in case of a suspected exertional heat stroke.

## Introduction to Pitch Smart

Hosted by Hall of Famer, John Smoltz, the Introduction to Pitch Smart course aims to explain the principles behind Pitch Smart, a joint arm care initiative between Major League Baseball and USA Baseball. This course includes topics such as risks of arm injuries, common misconceptions, and the Pitch Smart guidelines.

## Mental Training for Performance

An introduction to fundamental mental skills techniques developed by United States Olympic Committee (USOC) sport psychologists. Learn how to sharpen your athletes' mental game to impact performance and gain a competitive edge.





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## Sports Nutrition

Proper nutrition is key to optimizing health and athletic performance. This course presents guidelines for the diet needed to be ready for athletic practice and competition, and how to refuel afterwards. It gives tips on how you can influence your students' eating habits outside of the school environment. Specific examples are provided for what types of foods students should and should not eat to replenish their bodies between activities.



## Strength and Conditioning

Strength and Conditioning, developed by the National Strength and Conditioning Association in partnership with the NFHS, is designed for any individual who has responsibility for weight room supervision and conditioning programs. The course presents the principles of conditioning and includes in-depth explanations of best practices and more than 80 videos demonstrating proper techniques.

## Student Mental Health and Suicide Prevention

It's widely known that stress, anxiety and depression create challenges for both society and individuals, including interscholastic students. And severe conditions can lead to the worst outcomes, such as suicide. The NFHS is proud to bring you this course on Student Mental Health and Suicide Prevention in response to this reality. With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources. For students, their peers and anyone responsible for their care and well-being, take the course Student Mental Health and Suicide Prevention.

## Sudden Cardiac Arrest

Sudden Cardiac Arrest is the number one cause of death in the United States for student-athletes during exercise. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood. This is why the National Federation of State High School Associations, in partnership with Simon's Heart, has developed the course Sudden Cardiac Arrest. This course will help you learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest. Also included are guidelines for what to do in the critical moments after an individual suddenly collapses in order to save their life, such as calling 9-1-1, starting chest compressions and sending for an AED. So take the free course, Sudden Cardiac Arrest, available on the NFHS Learning Center.





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## The Collapsed Athlete

High school coaches know the importance of preparation. You spend hours developing practice and game plans. You work tirelessly to perfect performance all in an effort to help your students excel in their sport or activity and in life.

Every year high school students endure serious injuries and suffer life-threatening medical emergencies while participating in sports and activities. The causes are many and varied. Some may result from known medical conditions, while others may be a consequence of the activity, environmental conditions, or an unrecognized medical condition.

The bottom line, when you witness the collapse of an athlete, you may be responsible for their immediate and appropriate care. But what do you do? Who do you call? Where do you start?

This course will teach you the importance of developing Emergency Action Plans and practicing them, including assigning responsibilities to team members. You'll discover the three H's; HEART, HEAT and HEAD and their relationship to potentially fatal injuries and illnesses. When your athlete collapses and you need to act, you will know an action plan designed to take you step by step through the process of helping the collapsed athlete. You will be prepared when any emergency arises.

## Understanding Vaping and E-Cigarettes

Vaping is the act of inhaling an aerosol created by an e-cigarette or similar device. The term "vaping" misleads the user into thinking they are inhaling a vapor and something potentially safe or at least harmless. This is just one reason why the NFHS, with support from the Office of the U.S. Surgeon General, has created Understanding Vaping and E-cigarettes. This course helps dispel such misconceptions and highlights specific risks such as nicotine addiction for youth who try vaping and e-cigarettes.

