

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

Concussion Course Hits One Million Mark

FOR IMMEDIATE RELEASE

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INDIANAPOLIS, IN (August 15, 2013) — One million concussion courses have now been taken by coaches and other individuals since the National Federation of State High School Associations (NFHS) and the Centers for Disease Control and Prevention (CDC) developed the online course in May 2010.

Earlier this week, the millionth **“Concussion in Sports – What You Need to Know”** course was taken through the NFHS Coach Education Program at www.nfhslearn.com. This free online course provides an overview of how a person can recognize signs and symptoms of a concussion and the appropriate action to take. The course includes each state’s return-to-play guidelines required for high schools.

“We place great emphasis on concussion recognition and treatment, and the extraordinary success of our online course has been gratifying,” said Bob Gardner, NFHS executive director. “The course is 20 minutes long and it’s free. We commend everyone who has taken it.”

The NFHS and its Sports Medicine Advisory Committee (SMAC) have worked with the CDC on recent updates to the concussion course. Recommendations have been added regarding the prevention of concussions, and the course test has been updated. The tests (pre-test and post-test) now include 11 questions and provide immediate feedback to the user, thereby creating a better learning experience.

Michael Koester, M.D., former chair of the NFHS SMAC and director of the Sports Concussion Program at the Slocum Center for Orthopedics and Sports Medicine in Eugene, Oregon, is the on-screen host of the concussion course. Individuals have access to the course's printable resources, including a parent's guide to concussion in sports, a coach's guide, an athlete fact sheet and materials to implement a protocol for concussion treatment.

"In addition to coaches, we are pleased that many contest officials, administrators, parents and students are among the one million individuals who have taken the concussion course," said Tim Flannery, NFHS director of coach education.

The NFHS has been a leader among national sports organizations in establishing guidelines to deal with concussions. In 2008, the SMAC advocated that a concussed athlete must be removed from play and not allowed to play on the same day. For the past four years, all NFHS rules publications have contained guidelines for the management of a student exhibiting signs, symptoms or behaviors consistent with a concussion.

A total of 34 online courses are now offered through the NFHS Coach Education Program, including the two core courses – "Fundamentals of Coaching" and "First Aid, Health and Safety for Coaches." The NFHS also offers 14 sport-specific courses and 18 elective courses, including 13 that are free.

All NFHS Coach Education Program courses are available at www.nfhslearn.com.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.6 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at www.nfhs.org.

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