

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



**NEWS RELEASE**

**Concussion in Sports Online Course Now Available**

**FOR IMMEDIATE RELEASE**  
Schuster

Contact: Tim Flannery or Dan

INDIANAPOLIS (May 26, 2010) — A new online coach education course – *Concussion in Sports – What You Need to Know* – is now available from the National Federation of State High School Associations (NFHS) at [www.nfhslearn.com](http://www.nfhslearn.com). This online course is the newest addition to the NFHS Coach Education Program.

*Concussion in Sports – What You Need to Know* provides a guide to understanding, recognizing and properly managing concussion in high school sports. The NFHS is offering this online course at no cost, although individuals must register for the course at [www.nfhslearn.com](http://www.nfhslearn.com). The Centers for Disease Control (CDC) has endorsed the course and provided many useful resources.

The 20-minute online course is designed to help educate interscholastic teacher/coaches, officials, parents and players in the importance of recognizing and responding to sports-related concussions, which pose a particularly high risk for adolescents. Michael Koester, M.D., chair of the NFHS Sports Medicine Advisory

Committee and director of the Slocum Sports Concussion Program in Eugene, Oregon, leads users through the course. Individuals have unlimited access to the course and printable resources, which include a parent's guide to concussion in sports, a coach's guide, an athlete fact sheet and materials for schools to implement a protocol for concussion treatment, up to one year after accessing the course.

The NFHS Coach Education Program was started in 2007, and more than 140,000 coaches have taken the core course – *Fundamentals of Coaching*. Forty-five of the 51 NFHS member associations have adopted or recommended the course.

Last year, the NFHS launched its National Coach Certification Program. Coaches can become a Level 1 Accredited Interscholastic Coach by completing the following courses: *NFHS Fundamentals of Coaching*, *NFHS First Aid for Coaches* or its equivalent, and a *Fundamentals of Coaching* sport-specific course or *Teaching Sports Skills*. When all three components have been completed, coaches can apply for certification.

All NFHS coach education courses are available at [www.nfhslearn.com](http://www.nfhslearn.com).

###

*This press release was written by Arika Herron, a summer intern in the NFHS*

*Publications/Communications Department and a senior at Butler (Indiana) University.*

**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 fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine 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 7.5 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, 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](http://www.nfhs.org).

**MEDIA CONTACTS:** Bruce Howard or John Gillis, 317-972-6900  
National Federation of State High School Associations  
PO Box 690, Indianapolis, Indiana 46206  
[bhoward@nfhs.org](mailto:bhoward@nfhs.org) or [jgillis@nfhs.org](mailto:jgillis@nfhs.org)