

Concussion Education & Awareness Learning Outcomes

After completing this program, participants will:

1. Recognize concussions as mild traumatic brain injuries with both physical and functional components.
2. Be able to recognize common causes of concussions.
3. Recognize common signs and symptoms of a concussion.
4. Understand the seriousness of concussions and the need for proper diagnosis and treatment whenever a concussion is suspected.
5. Recognize that everyone involved in recreational sports, including players, coaches, officials, activity supervisors, administrators, parents, and fans have a duty to speak up when they suspect someone has sustained a concussion.
6. Recognize the risk associated with trying to continue sports participation while recovering from a concussion.
7. Know how long concussions take to heal.
8. Be able to list concussion prevention strategies.