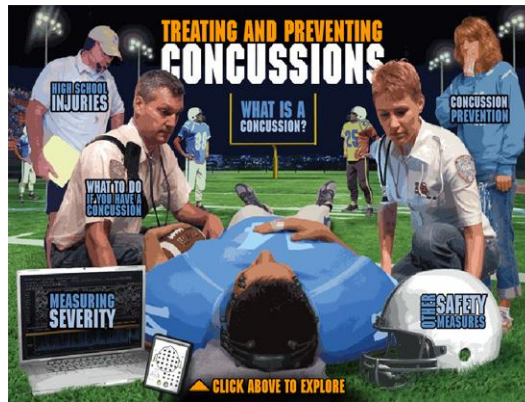


IMMACULATA REGIONAL SPORTS MEDICINE

Medical Exemption Assignment

Injury Prevention and Management: Concussions



Assignment Rationale:

Athletes in both contact and non-contact sports may develop a traumatic brain injury also known as a concussion. It is important for athletes, parents, and coaches to know the signs and symptoms of a concussion and take appropriate action to keep the athlete safe. This assignment will help you to understand and recognize warnings signs, institute safe practices and to be more aware of short and long term consequences of concussions.

Assignment Description

Student will:

- Read the CDC concussion handouts: *Fact Sheet for Athletes, Quiz for Athletes, and Poster for Athletes* which can be found on the CDC website:
<http://www.cdc.gov/concussion/HeadsUp/youth.html>
- Read one of the survivor's stories which can be found on the CDC website:
<http://www.cdc.gov/concussion/sports/stories.html> and write a paragraph review/response to what you read.
- Take the free, online Heads Up Concussion in Youth Sports, coaches training (Full Name)
<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>
- Print the certificate that you receive upon completing the course. Turn the certificate in with the other work collected for this assignment.

Assignment Grading:

Your assignment will be evaluated on the following:

- Completion of all assigned tasks above including and providing a certificate of completion for the online Concussion in Youth Sports training.