

Course Information Sheet

Course Title: Sport First Aid

Course Description: *Sport First Aid, Sixth Edition* provides detailed action steps for the initial care and prevention of the most common sport-related injuries and illnesses. The following topics are covered: performing an assessment; administering first aid for bleeding, tissue damage, and unstable injuries; providing life support; moving an injured athlete; and returning an athlete to play. The course will prepare you to respond appropriately and ensure the safety and well-being of your athletes. You'll also gain insight on preventing injuries from occurring in the first place with strategies for reducing athletes' risk of injury or illness.

The course is authored by an unparalleled team of experts in athletic training, sports medicine, exercise science and physiology, strength and conditioning, and sport coaching. Lead author Robb Rehberg is the senior medical advisor and director of game day medical operations for the National Football League (NFL) and is a professor of sports medicine and athletic training at William Paterson University of New Jersey. Rehberg is featured in video clips that introduce the various first aid situations and procedures to be covered in each course unit. The updated sixth edition reflects the latest guidelines for administering CPR and treating concussion, dehydration, and heat illness based on guidance from leading health organizations.

Learning Objectives:

After completing this course you will be able to:

1. Explain the four-part approach of the athletic health care plan
2. Define the respective roles of each member of the athletic health care team
3. Explain what health records coaches should keep for athletes.
4. Define basic terminology used in human anatomy.
5. List the roles of the various systems of the body.
6. Outline the three emergency action steps.
7. Explain how to assess an injured athlete.
8. Explain the best technique for moving an injured athlete.
9. Define various internal organ injuries such as a ruptured spleen or bruised kidney.
10. Define sudden illnesses such as diabetic emergencies and grand mal seizures.
11. Explain various ways the body absorbs or make heat.
12. Outline the different heat related emergencies.
13. Identify common upper body musculoskeletal injuries.
14. Identify common lower body musculoskeletal injuries.
15. Explain appropriate care for facial injuries.
16. Outline various skin conditions ailments commonly present in sports.

Target Audience: Athletic trainers. Physical therapists. Coaches. Strength & Conditioning professionals. Personal trainers.

Level: Beginning, intermediate. Refresher.

Schedule and Format: Self-paced home study

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three day window and then return the book to use in saleable condition. That's it. No questions asked.

Instructor/Author Credentials

Robb S. Rehberg, PhD, ATC, NREMT, has served in many roles in the fields of athletic training, sports medicine, and emergency care. He is currently a professor of sports medicine and athletic training at William Paterson University of New Jersey and a senior medical advisor and director of game day medical operations for the National Football League (NFL). Rehberg has authored or coauthored dozens of publications and presented over 200 lectures on various topics in sports medicine and emergency care. He has also authored several online education programs, including ConcussionWise, a concussion education program that has trained over 2.5 million coaches, parents, and athletes in 53 countries. He served as executive producer for over a dozen first aid, CPR, and emergency preparedness training programs with the National Safety Council.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A