

Heads Up: Concussion

<http://www.cdc.gov/headsup/youthsports/training/index.html>

What is this video?

This free video is an educational tool on the topic of concussion, including concussion basics, recognizing a concussion, responding to concussions, getting back in the game, concussion prevention and a resource center of additional material if you would like to learn more.

Who should watch this video?

Youth and high school sports coaches, athletic directors, game officials, parents, and physical education teachers will benefit greatly from this video.

How long will this take me to complete?

The video consists of five sections, which will take approximately 30 minutes altogether to complete. You may pause throughout, if needed. However, you will not be able to rewind or fast forward.

Do I earn a certificate after I complete the video?

Yes. Upon completion of the video, you will receive a downloadable and printable certificate, which you should provide a copy to your school's principal or administrator.