

## ArkansasIDEAS Sports Medicine Course Offerings – Free of Charge

\*Courses can be found at <http://ideas.aetn.org/>

### HEAT ILLNESS

#### [HWB14018: Heat Illness: Hydration Awareness - Athletics/Best Practices: Parental Involvement](#)

**Subject Area:** Health & Wellness, Parental Involvement, Physical Education

**TESS Domain:** 4f

**Credit Hours:** 1

This course features Rhonda Fincher, co-founder of the Kendrick Fincher Hydration Foundation. The Kendrick Fincher Hydration Foundation exists to promote proper hydration and prevent heat illness through education and supporting activities. During this presentation coaches are provided with knowledge and encouragement to involve all stakeholders in hydration awareness.

Ms. Fincher's 13-year-old son, Kendrick, died from multi-system organ failure as a result of heat stroke following his first day of football practice in 1995. Since then, she has been active in educating parents, coaches, athletes and school children on the importance of proper hydration. Ms. Fincher has also published a book for grieving parents and others who better want to understand the grieving process entitled, *Good Night Kendrick, I Love You - A Mother's Journal Through Grief*. This course is intended for the following audiences: athletic directors, coaches, and physical education teachers.

#### [HWB14022: 108 Degrees: Critical Response](#)

**Subject Area:** Health & Wellness, Physical Education

**TESS Domain:** 1a

**Credit Hours:** 1.5

Through personal testimonies from families who have been affected by exertional heat stroke and interviews with coaches, certified athletic trainers, kinesiologists, and other medical professionals, *108°: Critical Response* looks at the seriousness of heat illness and its underlying causes, as well as how to treat and prevent exertional heat illness.

#### [HWG14021: Exertional Heat Illness Awareness Training](#)

**Subject Area:** Health & Wellness, Physical Education

**TESS Domain:** 4f

**Credit Hours:** 1.5

This course, presented by the [Arkansas Activities Association](#), is designed for athletic coaches, training staff, and emergency personnel. Jason Cates, ATC/L and Head Athletic Trainer at Cabot High School, presents information and resources created to promote awareness and response to exertional heat illnesses. This course also contains information on how to create an Emergency Action Plan for different athletic venues. This course was taped on June 23, 2015 at the AETN studios in Conway, Arkansas.

### **HWG15065: Sports Medicine for Coaches: Heat Illness**

**Subject Area:** Health & Wellness

**TESS Domain:** 4f

**Credit Hours:** 0.5

Exertional heat stroke is the leading cause of preventable death in high school athletics. This course, presented by Dr. Brian Hardin, Physician at Arkansas Children's Hospital, provides critical information for the prevention of exertional heat stroke in adolescent athletes. Dr. Hardin identifies common risk factors for sports-related and heat-related injuries and the symptoms to look for during practice and competition. As Dr. Hardin explains, responding quickly and appropriately can save a life. This course was taped on June 23, 2015 at the AETN studios in Conway, Arkansas

### **HWG16014: The Latest in Heat Illness, Recognition, and Treatment**

**Subject Area:** Health & Wellness, Physical Education

**TESS Domain:** 4f

**Credit Hours:** 1

Recognizing symptoms of heat illness and responding quickly can potentially save a life. Dr. Brendon McDermott, Assistant Professor of Kinesiology for the University of Arkansas, presents life-saving information for coaches and athletes regarding heat illnesses. He provides an overview of the different types of heat illness, detailing the prevention, recognition, and treatment for heat cramps, heat exhaustion, and heat stroke. This course was taped in Rogers, Arkansas on July 30, 2015.

## **CONCUSSION**

### **HWG16013: The Xs and Os of Sports-Related Concussion: Fact Versus Fiction**

**Subject Area:** Health & Wellness, Physical Education

**TESS Domain:** 1d, 4f

**Credit Hours:** 1.5

Concussion is a brain injury that is sustained by millions of athletes each year. Understanding the most common signs and symptoms of a concussion, as well as the proper ways to manage a concussion, can greatly impact an athlete's mental and physical health. In this course, Dr. R.J. Elbin explains that much of our knowledge about concussions has changed over the years; what was once thought of as fact is now fiction. He examines the effects of concussion on an athlete as a whole and the primary and secondary risk factors that relate to concussion risk and recovery. This course was taped in Rogers, Arkansas on July 30, 2015.

### **HWG15064: Sports Medicine for Coaches: Concussions**

**Subject Area:** Health & Wellness

**TESS Domain:** 4f

**Credit Hours:** 0.5

Young athletes often do not recognize or acknowledge their own limitations, especially when they have a concussion. Coaches are the first defense in recognizing a concussion and taking appropriate action to protect the safety of their athletes. In this course, Dr. Darrell Nesmith with Arkansas Children's Hospital explains how concussions occur and affect the brain. He provides vital information related to the signs of a concussion and how to respond appropriately. In addition, Dr. Nesmith reviews the gradual return to play protocol to ensure a full recovery.

## **COMMUNICABLE DISEASES**

### **HWG15066: Sports Medicine for Coaches: Communicable Diseases**

**Subject Area:** Health & Wellness

**TESS Domain:** 2e, 4f

**Credit Hours:** 0.5

Due to the nature of competitive sports, there is an increased risk for the spread of infectious diseases. These diseases are typically spread by skin-to-skin contact and infected equipment shared by athletes. Dr. Michael Israel of Arkansas Children's Hospital identifies the most common communicable and infectious diseases, the athletes most at risk, and ways to prevent and control the spread of infection. Should an athlete become infected, Dr. Israel provides treatment options and guidelines for returning to competition. This course was taped on June 23, 2015 at the AETN studios in Conway, Arkansas.

### **HWG16012: Communicable Skin Diseases in High School Athletics**

**Subject Area:** Health & Wellness, Physical Education

**TESS Domain:** 2e, 4f

**Credit Hours:** 1

Communicable skin diseases can take athletes off the field and onto the sidelines. In this course, Nurse Practitioner Kelly Pruett presents the symptoms and treatments for the communicable skin diseases most prevalent in athletes. He also provides several management techniques essential to reducing the transmission of these diseases. This course was taped on July 30, 2015 in Rogers, Arkansas. **Warning:** This course contains graphic medical images.

### **PEB14006: Communicable Diseases: A Course for Arkansas Coaches**

**Subject Area:** Health & Wellness

**TESS Domain:** 2e, 4f

**Credit Hours:** 1

Every day, athletes all across Arkansas are training for victory. They are practicing hard, strengthening their muscles, eating right, drinking plenty of water, and getting plenty of rest. They know that to be successful, they have to be in excellent physical condition.

But there is another health issue that coaches and athletes need to be aware of - the risk of communicable diseases. Contracting a communicable disease can sideline an athlete before he or she even takes the field. This course will help you, your staff, and your players take the proper steps to avoid infection. Throughout this video course, we will be looking at some of the communicable diseases that affect young athletes. We will look at their causes, how they spread, how they are treated, and how they can be prevented.

This course meets the professional development requirements of Act 1214 of 2011. It was produced by ArkansasIDEAS and the Arkansas Activities Association.

### **HWH15062: Communicable Diseases**

**Subject Area:** Health & Wellness

**TESS Domain:**4f

**Credit Hours:** 2.5

Communicable diseases are easily transmitted from person to person, but this can just as easily be prevented. From the locker room to the office, Arkansas Children's Hospital's Dr. Terry Yamauchi draws attention to the microscopic world of bacteria, discussing where it is found, how it is spread, and methods of preventing infection. Viruses are also a threat to our health. As with bacteria, viruses can be prevented with very simple practices—all shared and explained by Dr. Yamauchi. This course was taped at the Crowley's Ridge Co-op on May 4, 2015.

## **SPORTS NUTRITION**

### **HWG16015: High School Fuel: Beginning Sports Nutrition**

**Subject Area:** Health & Wellness, Physical Education

**TESS Domain:** 3d, 4c

**Credit Hours:** 1

Michelle Rockwell, RD presents eight basic nutrition tips for student athletes. She discusses timing, portioning, and content of meals and snacks. She also details the dangers of undereating for athletes. Ms. Rockwell closes with advice about hydration. This course was taped in Rogers, Arkansas on July 30, 2015.

## **NFHS Sports Medicine Course Offerings – Free of Charge**

\*Courses can be found at: <https://nfhslearn.com/courses>

1. Concussion in Sports
2. Heat Illness Prevention
3. Sports Nutrition
4. Sudden Cardiac Arrest

## **Arkansas Department of Education – Free of Charge**

\*Resources can be found at:

<http://www.healthy.arkansas.gov/programsServices/hsLicensingRegulation/EmsandTraumaSystems/Pages/EHI.aspx>

### **Exertional Heat Illness Project**

This project is a collaborative effort by several stakeholders from within our state and beyond to address the issue of Exertional heat Illness. This illness is 100% preventable with the proper preparation and care of those that may suffer from it. The goal of this page is to be a resource to Parents, Schools, Coaches, Emergency Medical Personnel, and any others who may face this issue.