



USCAH's proprietary e-learning platform -- **ATHLETICS HEALTHSPACE** -- houses a growing library of **more than 120 courses** that can be customized by audience and completed via the website or app.

Powered by Moodle USA, Athletics Healthspace currently has **more than 23,000 registered users** utilizing health and safety programs, policy development tools, assessments, waivers and other collaborative functions.

### TOPIC AREAS:

- Athlete Health, Safety, and Wellness
- COVID-19
- Diversity, Equity and Inclusion in Sports
- Emergency Preparedness
- Injury/Illness Management and Prevention
- Mental Health

### Content designed for:

- Athletes
- Coaches and Team Staff
- Administrators
- Department Staff
- Club & Intramural Sport Athletes, Coaches and Staff
- Officials
- Parents

Contact [info@uscah.com](mailto:info@uscah.com) for partner rates.



## PROGRAM SPOTLIGHT

### PROGRAM IN SUPPORT OF INTERASSOCIATION RECOMMENDATIONS FOR PREVENTING CATASTROPHIC INJURY AND DEATH IN COLLEGIATE ATHLETES

Creating a culture that prioritizes athlete health and safety is the responsibility of everyone involved in athletics, not just healthcare personnel. Athletes, coaches, support staff, administrators, and officials should all have at least a baseline understanding of health, safety and welfare issues that are common in athletics.

USCAH has created a series of 16 courses that provide general education and guidance for these populations.

### INCLUDED COURSES

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Collapse in Athletes
- Concussion in Sport
- Diabetes in the Athlete
- Emergency Action Plan Development
- Environmental Monitoring and Safety
- Exertional Heat Illness and Prevention
- Exertional Rhabdomyolysis
- Independent Medical Care
- Mental Health in Sport
- Overtraining in Sport
- Pulmonary Issues in Sport
- Sickle Cell Trait

*The U.S. Council for Athletes' Health provides independent, third-party athlete health and safety consultation, education and compliance resources from a team of experts with nearly 300 years of experience in athletics healthcare and administration.*

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MORE HIGHLIGHTED PROGRAMS 

## MENTAL HEALTH IN SPORT

USCAH has created a series of stand-alone mental health education modules designed for athletes, coaches, parents, administrators and staff to increase awareness of mental health topics and highlight areas of focus specific to athletes.

Program content is comprehensive and tailored for the audience to cover topics ranging from anxiety and depression to mental health of injured athletes, mindfulness and emergency action planning.

### INCLUDED COURSES

- Anxiety
- Depression
- Managing Relationships
- Mental Health Access
- Mental Health and the Injured Athlete
- Mental Health Emergency Action Plans
- Mental Health in Sport
- Mental Recovery Techniques
- Mindfulness
- Resilience and Grit
- Social Media and Mental Health



## DEI IN SPORTS

USCAH recognizes the importance of diversity, equity, and inclusion (DEI) in every environment, especially in healthcare.

Motivated by the understanding that one of the first steps in promoting an inclusive environment is to create awareness through education, USCAH has produced self-paced learning modules that will assist in creating opportunities to enhance the quality of healthcare within your organization.

### INCLUDED COURSES

- Bullying, Cyberbullying and Hazing in Sport
- Diversity, Equity and Inclusion
- Implicit Bias
- Religious Inclusive Practices and Accommodations in Sport
- Sexual Abuse and Misconduct in Sport
- Sportsmanship
- Transgender Athletes
- Workplace Sexual Harassment in Sport



## CONCUSSION EDUCATION: PRE-SEASON FOOTBALL PRACTICE CHANGES AND ARRINGTON SETTLEMENT

### Preseason Practice Changes:

USCAH has put together an overview of the health and safety related aspects of preseason practice changes to meet the recommendations of the Division I Football Oversight Committee for annual coach and staff education.

These changes are geared toward reducing concussions and head impact exposure based on data collected by NCAA member conferences, the NCAA injury surveillance program and the NCAA-Department of Defense Concussion Assessment, Research and Education Consortium.

### Arrington Settlement:

This course provides guidance on creating and executing policies, procedures and practices that align with the concussion management and return-to-play requirements of the Arrington Settlement, and provides education supporting the diagnosis, treatment and management of concussion.

USCAH will continue to update the education modules for both areas as new information is presented.



## CLUB/INTRAMURAL SPORTS SAFETY OFFICER PROGRAM

Make sure your students and club/intramural sports leaders are prepared for the critical responsibilities that go along with being a Club/Intramural Sports Safety Officer. Safety Officers are responsible for the health and safety of the athletes and, when combined with a CPR and first aid certification, this role-based training provides the knowledge and confidence they need to be fully engaged in those responsibilities.

### INCLUDED COURSES

- Emergency Action Plan Development
- Environmental Monitoring & Safety
- Mental Recovery Techniques
- Nutrition and Hydration
- Physical Recovery Techniques
- Sleep
- COVID-19 in Sport
- Bullying, Cyberbullying, & Hazing in Sport
- Diversity, Equity, & Inclusion
- Sexual Abuse and Misconduct in Sport
- Sportsmanship
- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries & Management
- Collapse in Athletes
- Exertional Heat Illness & Prevention
- Bloodborne Pathogens & Universal Precautions
- Concussion in Sport