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ACTIVITY MANAGEMENT

Environmental Monitoring and Safety

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Environmental Monitoring and Safety including: education, recommendations, and monitoring of weather-related conditions including heat injuries/illness, cold weather concerns, lightning, and tornado. Additionally, this course also contains recommendations for activity modification.

Emergency Action Plan Development

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to developing an Emergency Action Plan including: development and preparation of emergency actions plans, and response plans in the event of an emergency.

Health and Safety Checklist for Officials

This e-learning module is designed to provide learners education regarding Health and Safety Checklist for Officials. The content of this module includes: action items before, during, and after events, and health and safety checklists for officials.

ATHLETE HEALTH AND WELLNESS

Common Conditions in Esports

Maximum .50 Athletic Training Category D CEU's

This course will present some common conditions experienced from extended periods of gameplay without recovery. Topics include how to recognize the condition, what may cause the condition, the symptoms experienced, prevention, and how long the condition may last.

Dietary Supplements and Performance Enhancing Drugs

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Dietary Supplements and Performance Enhancing Drugs (PEDs) including: definitions, and explanations of the relationships between Supplement/PED's and the FDA.

Eating Disorders in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Eating Disorders in Sport including: types of eating disorders, risk factors, prevention, and complications.

Female Athlete Triad

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education regarding the Female Athlete Triad. The content of this module includes: definitions, interrelationship of the associated disorders, risk factors, prevention strategies, diagnosis, and treatment options.

How to be a Healthcare Advocate for your Child

This course reviews strategies for parents to ensure a safe and healthy environment during their child's participation in sports. The content of this module includes: background information, questions to ask, action plan development for multiple sports activities, and how to advocate for your child.

How to be an Advocate for Your HealthCare

This course lists communication strategies for athletes with an injury or illness when working with healthcare providers. The content of this module includes how to: ask questions, get answers, advocate for yourself, and manage your treatment.

Mental Health in Sport

Maximum .50 Athletic Training Category D CEU's

This learning module covers important aspects related to Mental Health in sport including: common types of mental health disorders in sport, signs and symptoms, and emergency action planning for mental health emergencies.

Pain Management and Medication Use in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Pain Management and Medication Use in Sport including: definitions, rehab and modality strategies, medication strategies, and signs and symptoms of opioid abuse.

Posture Control

Maximum .50 Athletic Training Category D CEU's

This module will present the importance of posture with physical activities and activities of daily living. Tips for maintaining proper posture are also provided.

Prevention and Recovery for Esport Athletes

Maximum .50 Athletic Training Category D CEU's

This module will present the risks associated with living a sedentary lifestyle and the health benefits of being physically active. Recommendations for preventing adverse health conditions and tools for recovery from extended gameplay are discussed.

Recognition of Tobacco, Drug, and Alcohol Abuse

Maximum .50 Athletic Training Category D CEU's

Substance abuse can be a very debilitating condition that negatively impacts your overall health. This module will present some common substances that may be abused, and the health risks associated with each substance.

ATHLETE RECOVERY

Mental Recovery Techniques

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education regarding Mental Recovery Techniques. The content of this module includes techniques, practices, and modalities that can help improve the mind/body relationship as it pertains to sport. Improvement of the mind/body relationship can help maximize performance and recovery.

Nutrition and Hydration

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education regarding Nutrition and Hydration. The content of this module includes the risks and benefits of proper hydration and nutrition practices. Well-established routines with Nutrition and Hydration can significantly improve recovery and athletic performance.

Physical Recovery Techniques

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education regarding Physical Recovery Techniques. The content of this module includes techniques and tips for optimizing physical health to maximize performance and recovery for athletes.

Sleep

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education regarding Sleep. The content of this module includes: the risks and benefits of proper sleep hygiene, tips and techniques for a better nights' rest, and recommendations on routines surrounding sleep for optimal recovery and improved performance.

COVID-19

COVID-19 and the Unvaccinated Athlete

Maximum .50 Athletic Training Category D CEU's

This course lists importance differences between best practice for the unvaccinated vs vaccinated athlete. The content of this module includes vaccination updates, symptoms, treatment, prevention strategies, and recommendations on return to sport/conditioning.

COVID-19 for Academic Staff and Students

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to COVID-19 for Academic Staff and Students including: definitions, routes of transmissions, symptoms, treatment, and prevention strategies.

COVID-19 in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to COVID-19 in Sport including: definitions, routes of transmission, symptoms, treatment, prevention and contact tracing.

COVID-19 in Sport for Athletes

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to COVID-19 in Sport for Athletes including: definitions, routes of transmissions, symptoms, treatment, prevention strategies, and recommendations on return to sport/conditioning.

COVID-19 in Sport for Coaches and Support Staff

This course covers important aspects related to COVID-19 in Sport for Coaches and Support Staff including: definitions, routes of transmission, symptoms, treatment, prevention strategies, and recommendations on return to sport/conditioning.

COVID-19 in Sport for Officials

This course covers important aspects related to COVID-19 in Sport for Officials including: definitions, routes of transmission, symptoms, treatment, prevention strategies, and recommendations on return to sport/conditioning.

Post-COVID-19: Risks and Considerations

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to information, expectations and the recovery process should someone test positive for COVID-19. This course includes a description of possible complications, information regarding isolation and recovery, and recommendations on return to sport/conditioning.

Return to Sport from COVID-19 for Administrators

This course covers important aspects related to Return to Sport from COVID-19 encompassing six categories: development of policies and programming; personnel education and training; facility preparation and management, return to campus recommendations; training and practice modifications; and sustaining cultural change.

Vaccination Updates in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important Vaccination Updates from the CDC.

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

Bullying, Cyberbullying, and Hazing in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Bullying, Cyberbullying, and Hazing in Sport including: definitions, behaviors, signs, and prevention of bullying and hazing.

Diversity, Equity, and Inclusion

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Diversity, Equity, and Inclusion including: definitions of diversity, inclusion, equality and discrimination with associated explanations regarding the importance of each topic.

Implicit Bias

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Implicit Bias. The content of this module includes: defining implicit bias, recommendations for identifying implicit biases, how to learn from them, and how it manifests in our everyday lives.

Religious Inclusive Practices and Accommodations in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Religious Inclusive Practices and Accommodations in Sports. The content of this module includes: thoughts towards healthcare, nutrition/diet, athletic uniform considerations, other important practices, and important dates.

Sexual Abuse and Misconduct in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Sexual Abuse and Misconduct in Sport including: definitions, signs and symptoms, recognition, Federal Laws protecting individuals, and duty to report explanations.

Sportsmanship

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Sportsmanship including: definitions, considerations of sportsmanship, and guidance for athletes, parents/guardians and coaches.

Transgender Athletes

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Transgender Athletes including: gender pronouns, the LGBTQIA+ community, policies, inclusion methods, and gender/sex terminology.

Workplace Sexual Harassment in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Sexual Abuse and Misconduct in Sport including: definitions, signs and symptoms, recognition, Federal Laws protecting individuals, and duty to report explanations.

EMERGENCY PREPAREDNESS

Airway Obstruction and Emergency Management

Maximum .50 Athletic Training Category D CEU's

Recognizing the signs and symptoms of obstructions to the airway is paramount in athletic healthcare. Within this module you will learn the causes, types, and management of the most common airway obstructions.

Cardiac Issues and Sudden Cardiac Arrest in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Cardiac Issues and Sudden Cardiac Arrest in Sport including: education, screening recommendations, and emergency action planning for cardiac emergencies.

Cervical Spine Injuries & Management

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Cervical Spine Injuries and Management including: definitions, causes, signs and symptoms, on-field management, equipment recommendation, prevention, and return to play following cervical spine injuries.

Collapse in Athletes

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Collapse in Athletes including: risk factors, causes, types of collapse that are common to athletics and their respective treatment strategies.

Collapse in Athletes for Non-Healthcare Personnel

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education on Collapse in Athletes For Non-Healthcare Personnel. The content of this module includes: risk factors, causes, types of collapse that are common to athletics, and their respective treatment strategies.

Exertional Heat Illness & Prevention

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Exertional Heat Illness & Prevention including: education, prevention, risk factors, signs and symptoms, treatment and return to sport recommendations for common heat illnesses in athletics.

Exertional Rhabdomyolysis

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Exertional Rhabdomyolysis including: definitions, causes, explanation and importance of transition periods, risk factors, signs and symptoms, treatment, and return to sport recommendations.

Sickle Cell Trait

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Sickle Cell Trait including: education, signs and symptoms, treatment, and prevention strategies for exertional sickling.

HEALTHCARE SERVICES AND FACILITIES

Bloodborne Pathogens and Universal Precautions

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Bloodborne Pathogens and Universal Precautions including: definitions, standard supplies including Personal Protective Equipment (PPE), universal and standard precautions, and wound management guidelines.

Diagnostic Imaging in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Diagnostic Imaging in Sport. The content of this module includes: the most common diagnostic imaging tools used when diagnosing injuries sustained in sport and recreational participation including: X-Ray, MRI, ultrasound, fluoroscopy, CT Scan, and bone scan (nuclear medicine).

Independent Medical Care

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Independent Medical Care including: explanation of the concept and recommendation on eliminating conflict of interest as it related to Independent Medical Care.

INJURY/ILLNESS MANAGEMENT AND PREVENTION

ACL Injuries and Prevention Strategies

Maximum .50 Athletic Training Category D CEU's

This learning module provides an overview of the basics of Anterior Cruciate Ligament Injuries and Prevention Strategies including: injury characteristics, who is at risk, treatment options, and injury prevention concepts.

Basic Injuries and Conditions in Athletics

There is an inherent risk to injury with participation in sports. This module will identify some of the common conditions that an athlete may sustain while participating in athletic activities.

Concussion in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important concepts related to Concussion in Sport including: definitions, how to recognize a suspected concussion, and protocols to manage a suspected concussion with steps to help athletes return to play safely after a concussion.

Concussion in Youth and High School Sports

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education regarding Concussion in Youth and High School Sports. The content of this module includes how to recognize a suspected concussion, and protocols to manage a suspected concussion with steps to help athletes return to play safely after a concussion.

Diabetes in the Athlete

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Diabetes in the Athlete including: definitions, complications, risk factors, signs and symptoms, treatment, and emergency action planning for a diabetic emergency.

Illness and Infection in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Illness and Infection in Sport including concepts to consider in athletics, limiting transmission and education associated with common illnesses and infections in sport.

Overtraining in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Overtraining in Sport including: definitions, training periodization concepts, signs and symptoms, diagnosis, treatment, and prevention strategies.

P.R.I.C.E. Principle

The P.R.I.C.E. principle is an acronym designed as a basic guideline for acute injuries sustained in athletic activity. This module will define and discuss Protection, Rest, Ice, Compression, and Elevation in relation to acute injuries.

Pulmonary Issues in Sport

Maximum .50 Athletic Training Category D CEU's

This course will cover important aspects related to Pulmonary Issues in Sport including: definitions, education associated with common pulmonary conditions in sport, signs and symptoms, treatment, and prevention strategies.

Skin Conditions in Sport

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Skin Conditions in Sport including: education associated with common bacterial, fungal and viral skin infections in sport, and associated prevention, and treatment strategies.

Stress Fractures and Bone Health

Maximum .50 Athletic Training Category D CEU's

This course provides education related to important aspects of Stress Fractures and Bone Health including: education regarding the basics of bone health, risk factors, prevention strategies, diagnosis, and treatment options.

Youth (Pediatric) Overuse Injuries

Maximum .50 Athletic Training Category D CEU's

This course covers important aspects related to Youth (Pediatric) Overuse Injuries including: definitions, causes, recognition, prevention, and management strategies.

MENTAL HEALTH

Anxiety

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education on Anxiety. The content of this module includes: awareness, treatment options, and resources.

Depression

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education on Depression. The content of this module includes: awareness, treatment options, and resources.

Managing Relationships

This e-learning module is designed to provide learners education on Managing Relationships. The content of this module includes: background information, awareness, considerations, and support methods.

Mental Health Access

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education on Mental Health Access. The content of this module includes: small versus large group plans, investigating benefits, resources, and questions to ask and follow up on.

Mental Health and the Injured Athlete

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education on Mental Health and the Injured Athlete. The content of this module includes: background information, considerations, support methods, and communication techniques.

Mental Health Emergency Action Plans

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education on Mental Health Emergency Action Plans. The content of this module includes background information, resources, emergency preparedness methods, and what to expect in emergency situations.

Mental Health in Sport for Administrators

Maximum 1.50 Athletic Training Category D CEU's

Featuring sports psychologist Dr. Steve Graef, this video-driven course series focuses on important mental health aspects for your athletes and team staff, as well as for yourself. Content includes the common types of mental health disorders in sport, signs, symptoms and resources, and emergency action planning for mental health emergencies.

Mental Health in Sport for Athletes

Featuring sports psychologist Dr. Steve Graef, this video-driven course series focuses on important mental health aspects for athletes, including common types of mental health disorders in sport, signs and symptoms and what to do if you're experiencing a mental health crisis.

Mental Health in Sport for Coaches and Support Staff

Maximum 1.50 Athletic Training Category D CEU's

Featuring sports psychologist Dr. Steve Graef, this video-driven course series focuses on important mental health aspects for your athletes, as well as for yourself. Content includes the common types of mental health disorders in sport, signs, symptoms and resources, and emergency action planning for mental health emergencies.

Mental Health in Sport for Youth Athletes and their Parents

This e-learning module is designed to provide learners education regarding Mental Health for Youth Athletes and their Parents. The content of this module includes an introduction of youth sport, a model of long-term athlete development, the benefits and risks of youth sport, best practices for promoting and supporting youth athletes, common mental concerns in youth athletes, and when and how to get help.

Mindfulness

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education on Mindfulness. The content of this module includes: background information, techniques, proposed benefits, and additional resources.

Resilience and Grit

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education on Resilience and Grit. The content of this module includes: background information, long/short term considerations, proposed benefits, and additional resources.

Social Media and Mental Health

Maximum .50 Athletic Training Category D CEU's

This e-learning module is designed to provide learners education on Social Media and Mental Health. The content of this module includes: background information, considerations, management strategies, and impacts on mental health.