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ADMINISTRATORS CERTIFICATION PROGRAM

To assist administrators with education of staff and athletes, this certification program aims to provide resources on the proper healthcare and safety initiatives in athletic settings.

ACTIVITY MANAGEMENT

- Emergency Action Plan Development

ATHLETE HEALTH AND WELLNESS

- Dietary Supplements and Performance Enhancing Drugs
- Mental Health in Sport
- Pain Management and Medication Use in Sport

COVID-19

- COVID-19 in Sport
- Return to Sport from COVID-19 for Administrators

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Diversity, Equity, and Inclusion
- Sexual Abuse and Misconduct in Sport
- Sportsmanship

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Collapse in Athletes
- Exertional Heat Illness & Prevention
- Exertional Rhabdomyolysis
- Sickle Cell Trait

HEALTHCARE SERVICES AND FACILITIES

- Independent Medical Care

INJURY AND ILLNESS MANAGEMENT AND PREVENTION

- Concussion in Sport
- Overtraining in Sport

ATHLETE WELLNESS AND SAFETY CERTIFICATION PROGRAM

This abbreviated Athlete education program aims specifically at Emergency Situations, Health, Wellness, Injury, and Illness Education.

ATHLETE HEALTH AND WELLNESS

- Dietary Supplements and Performance Enhancing Drugs
- Eating Disorders in Sport
- Female Athlete Triad
- Mental Health in Sport
- Pain Management and Medication Use in Sport

ATHLETE RECOVERY

- Mental Recovery Techniques
- Nutrition and Hydration
- Physical Recovery Techniques
- Sleep

COVID-19

- COVID-19 in Sport for Athletes

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Collapse in Athletes
- Exertional Heat Illness & Prevention
- Exertional Rhabdomyolysis
- Sickle Cell Trait

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- ACL Injuries and Prevention Strategies
- Concussion in Sport
- Diabetes in the Athlete
- Illness and Infection in Sport
- Overtraining in Sport
- Pulmonary Issues in Sport
- Skin Conditions in Sport
- Stress Fractures and Bone Health
- Youth (Pediatric) Overuse Injuries

ATHLETE SUCCESS CERTIFICATION PROGRAM

The Athlete Success Certification Program aims to educate athletes in a well-rounded manner specific to their own bodies and minds.

ATHLETE HEALTH AND WELLNESS

- Dietary Supplements and Performance Enhancing Drugs
- Eating Disorders in Sport
- Female Athlete Triad
- Mental Health in Sport
- Pain Management and Medication Use in Sport

ATHLETE RECOVERY

- Mental Recovery Techniques
- Nutrition and Hydration
- Physical Recovery Techniques
- Sleep

COVID-19

- COVID-19 in Sport for Athletes

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Diversity, Equity, and Inclusion
- Sexual Abuse and Misconduct in Sport
- Sportsmanship

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management

- Collapse in Athletes
- Exertional Heat Illness & Prevention
- Exertional Rhabdomyolysis
- Sickle Cell Trait

HEALTHCARE SERVICES AND FACILITIES

- Bloodborne Pathogens and Universal Precautions
- Independent Medical Care

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- ACL Injuries and Prevention Strategies
- Concussion in Sport
- Diabetes in the Athlete
- Illness and Infection in Sport
- Overtraining in Sport
- Pulmonary Issues in Sport
- Skin Conditions in Sport
- Stress Fractures and Bone Health
- Youth (Pediatric) Overuse Injuries

CARING FOR YOUR ATHLETE CERTIFICATION PROGRAM

A well-rounded group of courses focused on educating parents/guardians in the areas of Health and Wellness, Diversity, Equity, and Inclusion in Healthcare, and Injury/Illness Management and Prevention

ATHLETE HEALTH AND WELLNESS

- Dietary Supplements and Performance Enhancing Drugs
- Mental Health in Sport
- Pain Management and Medication Use in Sport

COVID-19

- COVID-19 in Sport

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Diversity, Equity, and Inclusion
- Sexual Abuse and Misconduct in Sport
- Sportsmanship

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- Concussion in Sport
- Overtraining in Sport
- Youth (Pediatric) Overuse Injuries

CLUB/INTRAMURAL SAFETY OFFICER

Are your students 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.

ACTIVITY MANAGEMENT

- Emergency Action Plan Development
- Environmental Monitoring and Safety

ATHLETE RECOVERY

- Mental Recovery Techniques
- Nutrition and Hydration
- Physical Recovery Techniques
- Sleep

COVID-19

- COVID-19 in Sport

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Diversity, Equity, and Inclusion
- Sexual Abuse and Misconduct in Sport
- Sportsmanship

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Collapse in Athletes
- Exertional Heat Illness & Prevention

HEALTHCARE SERVICES AND FACILITIES

- Bloodborne Pathogens and Universal Precautions

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- Concussion in Sport

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE PROGRAM

U.S. Council for Athletes' Health (USCAH) recognizes the importance of diversity, equity, and inclusion (DEI) in every environment, especially in healthcare. One of the first steps of promoting an inclusive environment is to create awareness through education. USCAH's educational portal, Athletics Healthspace, provides self-paced learning modules that will assist in creating opportunities to enhance the quality of healthcare within your organization. USCAH's DEI in healthcare programming will touch on the many topics that fit within DEI so that everyone within your organization can feel safe and perform at their best. Lastly, the USCAH staff is always available to customize programming based on your organizational or institutional needs and guidelines.

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

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

ESPORTS HEALTH AND SAFETY PROGRAM

The video game industry has grown exponentially since its commercialization in the 1970s. The popularity of video games has created many opportunities for gamers to play casually, stream, compete, and create viable careers. With the increase of gaming, we are starting to see the health risks associated with extended gameplay. U.S. Council for Athletes' Health (USCAH) recognizes these health effects and is working diligently to provide guidelines for safe and healthy gaming. USCAH has designed an educational platform tailored for gamers. Upon completion, gamers will be able to recognize various health risk associated with gaming, learn tips on how to promote a healthy lifestyle, and prevent adverse health effects.

ATHLETE HEALTH AND WELLNESS

- Common Conditions in Esports
- Dietary Supplements and Performance Enhancing Drugs
- Eating Disorders in Sport
- Pain Management and Medication Use in Sport
- Posture Control
- Prevention and Recovery for Esport Athletes
- Recognition of Tobacco, Drug, and Alcohol Abuse

ATHLETE RECOVERY

- Mental Recovery Techniques
- Nutrition and Hydration
- Physical Recovery Techniques
- Sleep

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Diversity, Equity, and Inclusion
- Sexual Abuse and Misconduct in Sport
- Sportsmanship

MENTAL HEALTH

- Anxiety
- Depression
- Managing Relationships
- Mental Health in Sport
- Social Media and Mental Health

EVENT MANAGEMENT CERTIFICATION PROGRAM

Have you ensured that you or your event management staff have the education to assist with responding and reacting to the large number of adverse situations that can arise during athletic events?

ACTIVITY MANAGEMENT

- Emergency Action Plan Development
- Environmental Monitoring and Safety

COVID-19

- COVID-19 in Sport

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Diversity, Equity, and Inclusion
- Sexual Abuse and Misconduct in Sport
- Sportsmanship

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Exertional Heat Illness & Prevention

HEALTHCARE SERVICES AND FACILITIES

- Bloodborne Pathogens and Universal Precautions

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- Concussion in Sport

FACILITIES MANAGEMENT CERTIFICATION PROGRAM

Facilities personnel are one of the most critical individuals in maintaining a safe and healthy environment for athletes, coaches, and fans. Make sure they have the education and resources to perform their job safely and efficiently with these courses.

ACTIVITY MANAGEMENT

- Emergency Action Plan Development
- Environmental Monitoring and Safety

COVID-19

- COVID-19 in Sport

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Diversity, Equity, and Inclusion
- Sexual Abuse and Misconduct in Sport

HEALTHCARE SERVICES AND FACILITIES

- Bloodborne Pathogens and Universal Precautions

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- Illness and Infection in Sport
- Skin Conditions in Sport

MASTER ATHLETIC HEALTHCARE & SAFETY CERTIFICATION PROGRAM

The Master Athletic Healthcare and Safety Program is a commitment to provide the best possible healthcare delivery to your athletes. This education assists to prepare you for the wide array of situations that can occur in athletic settings.

ACTIVITY MANAGEMENT

- Emergency Action Plan Development
- Environmental Monitoring and Safety

ATHLETE HEALTH AND WELLNESS

- Common Conditions in Esports
- Dietary Supplements and Performance Enhancing Drugs
- Eating Disorders in Sport
- Female Athlete Triad
- How to be a Healthcare Advocate for Your Child
- How to be an Advocate for Your HealthCare
- Mental Health in Sport
- Pain Management and Medication Use in Sport
- Posture Control
- Prevention and Recovery for Esport Athletes
- Recognition of Tobacco, Drug, and Alcohol Abuse

ATHLETE RECOVERY

- Mental Recovery Techniques
- Nutrition and Hydration
- Physical Recovery Techniques
- Sleep

COVID-19

- COVID-19 and the Unvaccinated Athlete
- COVID-19 for Academic Staff and Students
- COVID-19 in Sport
- COVID-19 in Sport for Athletes
- COVID-19 in Sport for Coaches and Support Staff
- COVID-19 in Sport for Officials
- Post-COVID-19: Risks and Considerations
- Return to Sport from COVID-19 for Administrators

- Vaccination Updates in Sport

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Diversity, Equity, and Inclusion
- Sexual Abuse and Misconduct in Sport
- Sportsmanship
- Transgender Athletes
- Workplace Sexual Harassment in Sport

EMERGENCY PREPAREDNESS

- Airway Obstruction and Emergency Management
- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Collapse in Athletes
- Exertional Heat Illness & Prevention
- Exertional Rhabdomyolysis
- Sickle Cell Trait

HEALTHCARE SERVICES AND FACILITIES

- Bloodborne Pathogens and Universal Precautions
- Independent Medical Care

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- ACL Injuries and Prevention Strategies
- Basic Injuries and Conditions
- Concussion in Sport
- Diabetes in the Athlete
- Illness and Infection in Sport
- Overtraining in Sport
- P.R.I.C.E. Principle
- Pulmonary Issues in Sport
- Skin Conditions in Sport

- Stress Fractures and Bone Health
- Youth (Pediatric) Overuse Injuries

MASTER ATHLETIC HEALTHCARE & SAFETY CERTIFICATION PROGRAM (continued)

MENTAL HEALTH

- Anxiety
- Depression
- Managing Relationships
- Mental Health and the Injured Athlete
- Mental Health Access
- Mental Health Emergency Action Plans
- Mental Health in Sport for Administrators
- Mental Health in Sport for Athletes
- Mental Health in Sport for Coaches and Support Staff
- Mindfulness
- Resilience and Grit
- Social Media and Mental Health

MASTER COACHES CERTIFICATION PROGRAM

This program for Sport Coaches aims to educate on the basics of health and safety to ensure athlete safety.

ACTIVITY MANAGEMENT

- Environmental Monitoring and Safety
- Emergency Action Plan Development

ATHLETE HEALTH AND WELLNESS

- Dietary Supplements and Performance Enhancing Drugs
- Eating Disorders in Sport
- Female Athlete Triad
- Mental Health in Sport
- Pain Management and Medication Use in Sport

COVID-19

- COVID-19 in Sport for Coaches and Support Staff

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Sexual Abuse and Misconduct in Sport

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Collapse in Athletes
- Exertional Heat Illness & Prevention
- Exertional Rhabdomyolysis
- Sickle Cell Trait

HEALTHCARE SERVICES AND FACILITIES

- Independent Medical Care

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- Concussion in Sport
- Diabetes in the Athlete
- Illness and Infection in Sport
- Overtraining in Sport
- Pulmonary Issues in Sport

MENTAL HEALTH

- Mental Health in Sport for Coaches and Support Staff

MEDICAL STAFF CERTIFICATION PROGRAM

Keep your healthcare personnel at the forefront of medical, cultural, and emergency-related topics with the most well-rounded and educational program that USCAH offers.

ACTIVITY MANAGEMENT

- Emergency Action Plan Development
- Environmental Monitoring and Safety

ATHLETE HEALTH AND WELLNESS

- Dietary Supplements and Performance Enhancing Drugs
- Eating Disorders in Sport
- Female Athlete Triad
- Mental Health in Sport
- Pain Management and Medication Use in Sport

COVID-19

- COVID-19 in Sport

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Sexual Abuse and Misconduct in Sport

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Collapse in Athletes
- Exertional Heat Illness & Prevention
- Exertional Rhabdomyolysis
- Sickle Cell Trait

HEALTHCARE SERVICES AND FACILITIES

- Bloodborne Pathogens and Universal Precautions
- Independent Medical Care

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- ACL Injuries and Prevention Strategies
- Concussion in Sport
- Diabetes in the Athlete
- Illness and Infection in Sport
- Overtraining in Sport
- Pulmonary Issues in Sport
- Skin Conditions in Sport
- Stress Fractures and Bone Health
- Youth (Pediatric) Overuse Injuries

MENTAL HEALTH IN SPORT PROGRAM

This program will assist and provide mental health education modules designed for collegiate athletes, coaches and staff to increase awareness of mental health topics and highlight areas of focus specific to athletes. This bundle includes at least 10 educational courses and is continually updated with content tailored specifically for each audience.

MENTAL HEALTH

- Anxiety
- Depression
- Managing Relationships
- Mental Health and the Injured Athlete
- Mental Health Access
- Mental Health Emergency Action Plans
- Mental Health in Sport for Administrators
- Mental Health in Sport for Athletes
- Mental Health in Sport for Coaches and Support Staff
- Mental Health in Sport for Youth Athletes and Their Parents
- Mindfulness
- Resilience and Grit
- Social Media and Mental Health

ATHLETE RECOVERY

- Mental Recovery Techniques

OHIO DEPARTMENT OF EDUCATION: PUPIL ACTIVITY PERMIT

USCAH has created a series of health and safety education modules in Athletics Healthspace for high school coaches and other athletic personnel to obtain Pupil Activity Permit First Aid Training certification. The program is entirely online and can be completed either within our website or app. Individuals will need to receive a separate CPR certification.

ACTIVITY MANAGEMENT

- Emergency Action Plan Development
- Environmental Monitoring and Safety

ATHLETE HEALTH AND WELLNESS

- Dietary Supplements and Performance Enhancing Drugs
- Recognition of Tobacco, Drug, and Alcohol Abuse

ATHLETE RECOVERY

- Nutrition and Hydration

EMERGENCY PREPAREDNESS

- Airway Obstruction and Emergency Management
- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Exertional Heat Illness & Prevention

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- Basic Injuries and Conditions
- Concussion in Sport
- Diabetes in the Athlete
- Illness and Infection in Sport
- P.R.I.C.E. Principle
- Pulmonary Issues in Sport
- Skin Conditions in Sport

OFFICIATING CERTIFICATION PROGRAM

Officials are responsible for maintaining health and safety through rules, regulations, and sportsmanship during athletic events. This educational program assists officials with these very initiatives.

ACTIVITY MANAGEMENT

- Emergency Action Plan Development
- Environmental Monitoring and Safety

ATHLETE HEALTH AND WELLNESS

- Dietary Supplements and Performance Enhancing Drugs
- Mental Health in Sport
- Pain Management and Medication Use in Sport

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Sexual Abuse and Misconduct in Sport

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Collapse in Athletes
- Exertional Heat Illness & Prevention

HEALTHCARE SERVICES AND FACILITIES

- Bloodborne Pathogens and Universal Precautions

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- Concussion in Sport

RESOURCES FOR STUDENT-ATHLETE PARENTS PROGRAM

USCAH has created a series of health and safety education modules for parents and guardians of collegiate student-athletes focused on the protection and wellbeing of your athlete. We have tailored this program specifically to your needs with content that will empower you and your family to make educated healthcare decisions.

ATHLETE HEALTH AND WELLNESS

- Mental Health in Sport
- Pain Management and Medication Use in Sport

ATHLETE RECOVERY

- Mental Recovery Techniques
- Nutrition and Hydration
- Physical Recovery Techniques
- Sleep

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Diversity, Equity, and Inclusion

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Collapse in Athletes
- Exertional Heat Illness & Prevention
- Exertional Rhabdomyolysis
- Sickle Cell Trait

HEALTHCARE SERVICES AND FACILITIES

- Independent Medical Care

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- Concussion in Sport
- Illness and Infection in Sport
- Overtraining in Sport
- Pulmonary Issues in Sport
- Stress Fractures and Bone Health

SPORT PERFORMANCE CERTIFICATION PROGRAM

Strength and Conditioning Specialists and Sport Performance Personnel have perhaps the most physical contact with athletes. These individuals are of critical importance for assisting and responding to emergency situations.

ACTIVITY MANAGEMENT

- Emergency Action Plan Development
- Environmental Monitoring and Safety

ATHLETE HEALTH AND WELLNESS

- Dietary Supplements and Performance Enhancing Drugs
- Eating Disorders in Sport
- Female Athlete Triad
- Mental Health in Sport
- Pain Management and Medication Use in Sport

ATHLETE RECOVERY

- Mental Recovery Techniques
- Nutrition and Hydration
- Physical Recovery Techniques
- Sleep

COVID-19

- COVID-19 in Sport

DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

- Bullying, Cyberbullying, and Hazing in Sport
- Sexual Abuse and Misconduct in Sport

EMERGENCY PREPAREDNESS

- Cardiac Issues and Sudden Cardiac Arrest in Sport
- Cervical Spine Injuries and Management
- Collapse in Athletes
- Exertional Heat Illness & Prevention
- Exertional Rhabdomyolysis
- Sickle Cell Trait

HEALTHCARE SERVICES AND FACILITIES

- Bloodborne Pathogens and Universal Precautions
- Independent Medical Care

INJURY/ILLNESS MANAGEMENT AND PREVENTION

- ACL Injuries and Prevention Strategies
- Concussion in Sport
- Diabetes in the Athlete
- Illness and Infection in Sport
- Overtraining in Sport
- Pulmonary Issues in Sport
- Skin Conditions in Sport
- Stress Fractures and Bone Health
- Youth (Pediatric) Overuse Injuries