

**Course Title:** Concussion 102 – Sport Concussion and the Female Athlete

**Course Description:** Sport concussion (SC) has emerged as a major health concern in the medical community and general public owing to increased research and media attention, which has primarily focused on male athletes. Female athletes have an equal, if not increased, susceptibility to SC. An ever-growing body of research continues to compare male and female athletes in terms of SC before and after an injury. Clinicians must be cognizant of this literature to make evidence-based clinical decision when providing care to female athletes and discern between dated and/or unsupported claims in terms of SC.

**Target Audience:** OT / OTA and other healthcare professionals

**Course Type:** Video vs. Text-based

**Educational Level:** Beginner, Intermediate, Advanced

**CE Hours:** 1 contact hour / .1 ceu

**Course Prerequisites:** None

**Course Instructor:** Brown, MS, OTR/L, CHT

**Learning Objectives:**

- Outline and describe 3 physical and physiologic aspects of the female athlete and concussion
- Outline and describe the process of sport concussion management
- List 5 recommendations for concussion assessment
- Examine and describe 3 symptoms that occur during prolonged recovery following sport concussion
- Discuss 3 recommendations for the management of female athletes with sport concussion

**Agenda:**

**Hour #1**

Key points

Introduction

Epidemiology

Physical and physiologic aspects of the female athlete and concussion

1. Neck Strength
2. Hormonal Considerations
3. Neuroimaging

Sport concussion management

1. Baseline Assessment
2. Sideline Measures of Sport Concussion
3. Symptom Report
4. Clinic-Based Assessment

Prolonged recovery from sport concussion

1. Risk Factors for a Protracted Recovery
2. Preexisting Mood Disorder
3. Clinical Assessment of Protracted Recovery

Recommendations for the management of female athletes with sport concussion  
Summary

### **Course Completion Requirements:**

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

### **Additional Course Information**

**Course Registration:** Register for Free at [www.OnlineCE.com](http://www.OnlineCE.com). Once registered, you can begin to purchase courses. Contact [info@onlinece.com](mailto:info@onlinece.com) for special needs requests and assistance.

**Refund Policy:** There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

**Cancellation Policy:** Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

**Course Date and Location:** This is an independent course that is available 24/7 on-demand at [www.OnlineCE.com](http://www.OnlineCE.com).

**Required Materials and Equipment:** Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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