



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Concussion 102

Subtitle: 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: PT/PTA, OT/OTA and Other Healthcare Professionals

Course Length: 1 hour

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

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- 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

Outline of Content:

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

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes Audiovisual format and PDF downloadable handout. See course formats for additional details.

Course Completion Requirements:

A minimum 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, you will receive your certificate of completion.

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.