

CDC Heads Up Concussion Training (Approximate training time 30-40 minutes)

[Click the link here](#) or follow the link below to get started:

<https://www.train.org/cdctrain/course/1089818/>

Click on create an account or if you already have an existing account, please login.

HEADS UP to Youth Sports: Online Training for Coaches

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To access this content, you first need to [create an account](#). If you already have an account, [please login](#).



Web-Based Training - Self-Study

ID 1089818

Skill Level: Introductory

0.45h

★★★★★ (69868)

If you are having issues creating an account, starting the course, or navigating the course, please use the Create an Account and FAQ documents located in the Resources tab below.

This course was not designed for mobile devices. If you are having issues while on a mobile device, please try a laptop or desktop.

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After creating or logging into your account, click on the Pre-Assessment button in **GREEN**. This is for coaches that either completed the training last season or new coaches taking the training for the first time.

HEADS UP to Youth Sports: Online Training for Coaches

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[Pre-Assessment](#)

[Print Certificate](#)



Completed

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0.45h

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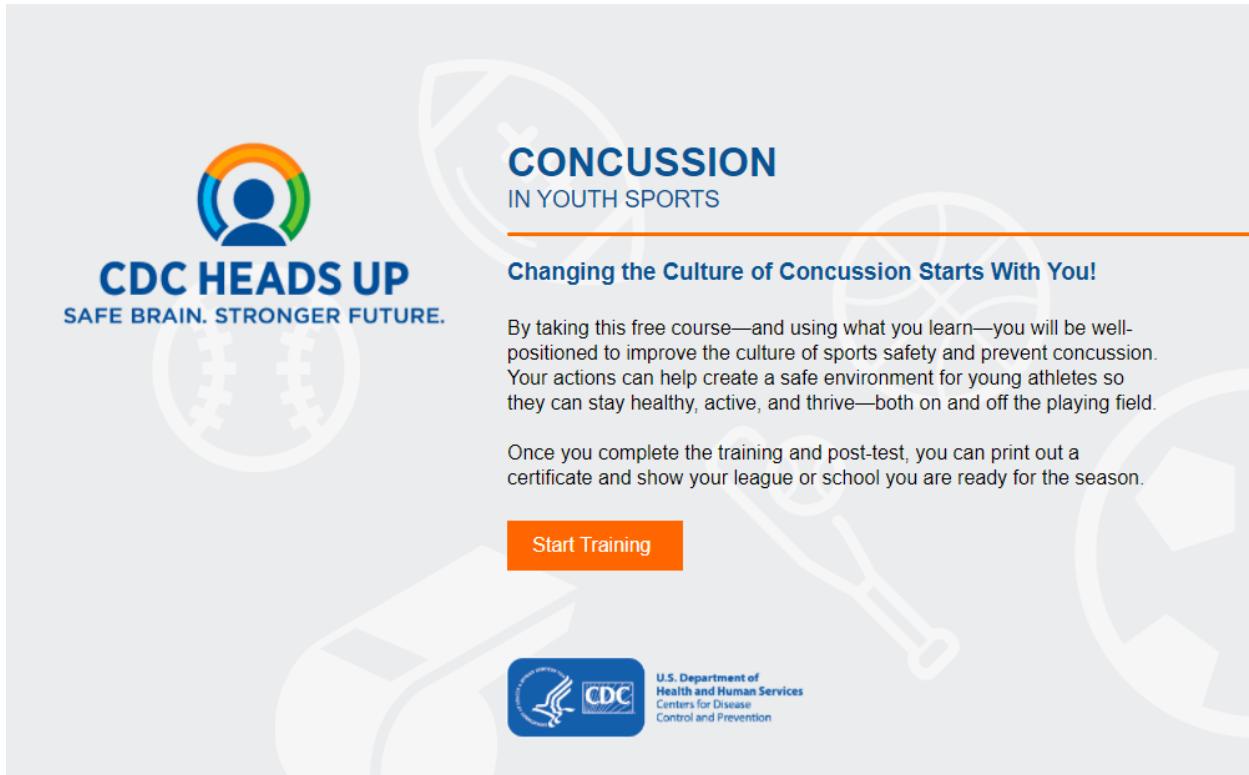
This course was not designed for mobile devices. If you are having issues while on a mobile device, please try a laptop or desktop.

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After completing the Pre-Assessment (31 questions) you will then be able to take the actual Concussion Training. Click on the **Orange** “Start Training” button to begin your training. The training is broken into 4 lessons with a test after watching all the videos. You must get a score of 80% or higher to pass.

HEADS UP to Youth Sports: Online Training for Coaches

[Open](#)



The landing page for the CDC HEADS UP to Youth Sports: Online Training for Coaches. It features the CDC HEADS UP logo (a stylized human head with a rainbow-like swirl) and the text "CDC HEADS UP" and "SAFE BRAIN. STRONGER FUTURE." Below the logo, the title "CONCUSSION IN YOUTH SPORTS" is displayed. A sub-section titled "Changing the Culture of Concussion Starts With You!" is present, along with a paragraph about the benefits of taking the course. A "Start Training" button is located at the bottom left. The page is set against a background of faint, overlapping sports-related icons (baseball, soccer ball, shield, bat).

**CONCUSSION
IN YOUTH SPORTS**

Changing the Culture of Concussion Starts With You!

By taking this free course—and using what you learn—you will be well-positioned to improve the culture of sports safety and prevent concussion. Your actions can help create a safe environment for young athletes so they can stay healthy, active, and thrive—both on and off the playing field.

Once you complete the training and post-test, you can print out a certificate and show your league or school you are ready for the season.

[Start Training](#)

 U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

After completing all the video training modules you can now move proceed to taking the required post test.

The image shows a screenshot of a web page from the CDC HEADS UP program. The page is titled "Lesson 5: Conclusion > Congratulations". At the top, there is a logo for "CDC HEADS UP" with the tagline "SAFE BRAIN. STRONGER FUTURE." To the right of the title are icons for a house and a cross. On the left, there is a vertical blue sidebar with the numbers 0, 1, 2, 3, 4, and 5. The main content area features a large blue ribbon badge with a white silhouette of a person's head and shoulders. Below the badge, the word "Congratulations!" is displayed in a large, bold, blue font. Underneath that, the text "You have completed the training." is shown. Further down, instructions read: "To receive your certificate of completion, you must pass the post-test with a score of 80% or higher. Please click the next arrow (>) below for instructions on how to access the post-test and certificate." At the bottom left, there is a "Resource Center" link with a list icon. At the bottom right, there are navigation arrows pointing left and right.

Click on the Orange "Exit" button to continue to the exam and follow the directions to complete the Post-Test and then print the certificate after passing. Please email the completed certificate to directorofopstbl@gmail.com

Thank you coaches for taking the time out to complete the concussion training as well as coaching this upcoming Spring.

0
1
2
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5

STEP 1: Complete the Post-Test

Click the orange "Exit" button at the bottom of this page and return to the CDC TRAIN course webpage. Click the green "Assessment" button to take the post-test.

STEP 2: Access Your Certificate

After you complete the post-test return to the CDC TRAIN course webpage. Click the blue "Print Certificate" button to print or save a PDF of your course completion certificate.

CDC TRAIN

HOME COURSE CATALOG YOUR LEARNING CALENDAR RESOURCES DISCUSSIONS

ADMIN HELP

HEADS UP to Youth Sports: Online Training

Back X Print Certificate

CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

By taking this two course—just like you learned—you will be well-positioned to improve the culture of sports and prevent concussions. Your coaches can help reduce the risk of concussions by being aware so they can stay healthy, active, and involved both on and off the playing field.

Once you complete the post-test, you can print a card [here](#) and [show it off](#).

Exit

Resource Center

Print Certificate

Example of a completed certificate:

