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**Subtitle 06 SUPPORTING PROGRAMS**  
**13A.06.03 Interscholastic Athletics in the State**

**Authority: Education Article, SS2-205 and 2-303(j),  
Annotated Code of Maryland  
.04 Operational Guidelines**

**B. MPSSAA Coaching Eligibility**

**(3) All coaches shall have completed or be enrolled in a one-credit course in the prevention and care of athletic injuries.**

Following is a suggested outline formulated by the MPSSAA Medical Advisory Board (revised April 22, 1998; September 8, 2010; April 17, 2014; December, 11, 2024):

**CARE AND PREVENTION OF ATHLETIC INJURIES COURSE OUTLINE**

- I. CPR/AED Certification ..... Suggested time allocation : 3 hrs.
- II. Concussion in Sports – NFHS Learn Module ..... 1 hr.
- III. Heat Acclimatization Training ..... 1 hr.
- IV. Sudden Cardiac Arrest Awareness ..... 1 hr.
- V. Coaches Mental Health Training ..... 1 hr.
- VI. Legal Issues ..... Suggested time allocation: 45 mins.
  - Emergency Plan – Where to locate the plan and training requirements.
  - Overview of Bills affecting athletics.
  - Laws and MSDE recommended procedures for Heat Acclimatization and Concussions
  - Medical records and documentation
  - 14 Legal Duties of a Coach
  - Safety
- VII. Introduction and Prevention of Injury ..... Suggested time allocation: 1 hr.
  - Mechanisms of injury
  - Tissue response to injury (mild/moderate/severe)
  - Stages of healing
  - Conditioning Considerations
  - Principles of taping vs. braces
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- VIII. First Aid/On Field Management of Injuries..... Suggested time allocation: 1 hr. 15 min.
  - Concussion Awareness
    - Signs and Symptoms review
    - Return to play protocol
  - Primary/Secondary survey
  - Cuts, blisters, bruises, skin issues
  - Hyperventilation
  - Care of eye, mouth, nose injuries
  - Thermal injuries
  - Choking
  - Hygiene and sanitation (facilities, equipment, supplies)

- Hot and Cold Treatment (RICE/ICER treatment)
  - Ambulatory assistance
  - Bloodborne pathogens, use of personal protection equipment
  - First Aid kit
- IX. **Life Threatening Injuries..... Suggested time allocation: 1 hr. and 15 min.**
- Cardiac - review
  - Head/Brain - review
  - Spinal
  - Respiratory
  - Circulatory
  - Thoracic/Internal injuries
  - EpiPen
  - Seizure
- X. **Ankle Injuries..... Suggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
  - Common injuries and causes
  - Rehabilitation – specific exercises and techniques
  - Hands on Training/practical vignettes
  - Taping techniques
- XI. **Knee Injuries..... Suggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
  - Common injuries and causes
  - Hands on Training/practical vignettes
  - Rehabilitation – specific exercises and techniques
- XII. **Neck, Spine, Pelvis Injuries..... Suggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
  - Common injuries and causes
  - Hands on Training/practical vignettes
  - Rehabilitation – specific exercises and techniques
- XIII. **Shoulder Injuries..... Suggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
  - Common injuries and causes
  - Hands on Training/practical vignettes
  - Rehabilitation – specific exercises and techniques
- XIV. **Arm, Elbow, Hand Injuries..... Suggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
  - Common injuries and causes
  - Rehabilitation – specific exercises and techniques
  - Hands on Training/practical vignettes
  - Taping techniques
- XV. **Exit Exam..... Post course exam**
- TOTAL TIME: 15 Hrs.= 1 credit**

**The MPSSAA Medical Advisory Committee unanimously approved this recommendation at their October 16, 2024, meeting.**

**The MPSSAA Board of Control approved the updated outline at the December 11, 2024, Board of Control Meeting.**