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TELEPHONE: (410) 767-0376
FAX: (410) 333-3111

MEMBER OF THE
NATIONAL FEDERATION OF
STATE HIGH SCHOOL
ASSOCIATIONS



R. ANDREW WARNER
EXECUTIVE DIRECTOR

Maryland State Department of Education
200 West Baltimore Street
Baltimore, MD 21201

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):

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~~45 mins.
 - Emergency Plan – Where to locate the plan and training requirements.
 - ~~Knowledge of proper skills, techniques, and protective equipment~~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 ~~to Injury~~ and Prevention of Injury Suggested time allocation: 1 hr. ~~30~~mins.
 - Mechanisms of injury
 - Tissue response to injury (mild/moderate/severe)
 - Stages of healing
 - ~~Psychology of injury~~Conditioning Considerations
 - ~~Psychology of sport~~Principles of taping vs. braces
- III. ~~Prevention of Injuries~~ Suggested time allocation: 1 hr. ~~30~~mins.
 - ~~Conditioning concepts~~
 - ~~Alternate training concepts~~
 - ~~Nutrition~~
 - ~~Performance enhancing issues~~
- IV. VIII. First Aid/On Field Management of Injuries..... Suggested time allocation: ~~31~~ hrs. 15 min.
 - Concussion Awareness
 - Signs and Symptoms review
 - ~~Initial Intervention~~
 - ~~Evaluation~~
 - ~~Return to play decision making~~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

• ~~Principles of taping~~

~~VI~~.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

~~VII~~.X. Ankle Injuries..... Suggested time allocation: ~~2 hrs.~~45 mins.

- Anatomy and mechanics of the joint
- ~~Physical examination~~
- Common injuries and causes
- Rehabilitation – specific exercises and techniques
- Hands on Training/practical vignettes
- Taping techniques

~~VIII~~.XI. Knee Injuries.....Suggested time allocation: ~~1 hr. 15 mins.~~45 mins.

- Anatomy and mechanics of the joint
- ~~Physical examination~~
- Common injuries and causes
- Hands on Training/practical vignettes
- Rehabilitation – specific exercises and techniques

~~IX~~.XII. Neck, Spine, Pelvis Injuries..... Suggested time allocation: ~~1 hr.~~45 mins.

- Anatomy and mechanics of the joint
- ~~Physical examination~~
- Common injuries and causes
- Hands on Training/practical vignettes
- Rehabilitation – specific exercises and techniques

~~X~~.XIII. Shoulder Injuries..... Suggested time allocation: ~~1 hr. 15~~45 mins.

- Anatomy and mechanics of the joint
- ~~Physical examination~~
- Common injuries and causes
- Hands on Training/practical vignettes
- Rehabilitation – specific exercises and techniques

~~XI~~.XIV. Arm, Elbow, Hand Injuries..... Suggested time allocation: ~~1 hr. 15~~45 mins.

- Anatomy and mechanics of the joint
- Common injuries and causes
- Rehabilitation – specific exercises and techniques
- Hands on Training/practical vignettes
- Taping techniques

~~XII~~.XV. Exit Exam.....Suggested time allocation: 30 mins.Post course exam

TOTAL TIME: 15 Hrs.= 1 credit

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