

UW-Whitewater Club Sports

Ongoing Education Certifications

UW-Whitewater Club Sports believes in ongoing education and continuous learning in an effort to put all club members in a position to be successful as best as possible. All teams reporting to the UW-Whitewater Club Sports office are responsible for participating in ongoing education efforts, provided by NFHSLearn.com. At least one (1) club officer/representative (i.e. Risk Management Officer) must meet the following ongoing education requirements by creating their own FREE account with NFHSLearn:

- Complete three (3) online training courses by the second Monday in October (all courses determined by Club Sports administrative staff)
 - o One course must be related to understanding signs and symptoms of concussion
 - o One course must be related to understanding signs and symptoms of sudden cardiac arrest
 - o One course must be related to understanding signs and symptoms of heat-related illness
- Complete three (3) online training courses by the second Monday in February
 - o All three courses can be electives, chosen from the applicable list below
- Courses must be different each month. In order to be considered complete, the club representative must complete the online training course and send a PDF certificate of completion to clubsports@uww.edu
- Clubs not meeting the ongoing education requirements are subject to an administrative standing review as outlined via the Club Sports Operations Handbook

Three (3) Courses Due The First Monday in October

The three required online training courses as determined by Club Sports (listed in suggested order of importance):

- NFHS Learn – “Concussion in Sports” - <https://nfhslearn.com/courses/concussion-in-sports-2>
- NFHS Learn – “Sudden Cardiac Arrest” - <https://nfhslearn.com/courses/sudden-cardiac-arrest>
- NFHS Learn – “Heat Illness Prevention” - <https://nfhslearn.com/courses/heat-illness-prevention-2>

Three (3) Courses Due The First Monday in February

Select three courses considered “electives” from the list below (listed alphabetically):

- NFHS Learn – “Bullying, Hazing and Inappropriate Behaviors”
<https://nfhslearn.com/courses/bullying-hazing-and-inappropriate-behaviors>
Intended to help club teams understand how to create a favorable environment within their club
- NFHS Learn – “The Collapsed Student”
<https://nfhslearn.com/courses/the-collapsed-athlete>
Intended to help club teams understand what to do in the event a member collapses
- NFHS Learn – “Implicit Bias”
<https://nfhslearn.com/courses/implicit-bias>
Intended to help club teams understand automatic reactions we may have towards people and how those reactions may impact club members and their experiences
- NFHS Learn – “Sports Nutrition”
<https://nfhslearn.com/courses/sports-nutrition>
Intended to help club teams understand the importance of proper nutrition, which could help other club members learn how to effectively plan their meals and eating habits
- NFHS Learn – “Sportsmanship”
<https://nfhslearn.com/courses/sportsmanship-2>
Intended to help club teams understand the importance of practicing favorable sportsmanship
- NFHS Learn – “Student Mental Health and Suicide Prevention”
<https://nfhslearn.com/courses/student-mental-health-and-suicide-prevention>
Intended to help club teams understand common stresses and anxieties rostered members may face and highlight strategies/resources to help

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QR Codes – Three Required Fall Courses - due second Monday in October



CONCUSSION IN SPORTS



SUDDEN CARDIAC ARREST



HEAT ILLNESS PREVENTION

QR Codes – Options for Three Spring Courses – due second Monday in February



BULLYING AND HAZING



COLLAPSED STUDENT



IMPLICIT BIAS



SPORTS NUTRITION



SPORTSMANSHIP



STUDENT MENTAL HEALTH