

# 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

# UW-Whitewater Club Sports Ongoing Education Certifications

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



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

