Title: Coaching and 1st Aid  
Target Audience: coaches  
Instructor(s): certified instructor  
Hour(s): 2  
Brief description: MSHSAA/American Sports education Program for coaching.

Title: CPR and AED  
Target Audience: coaches  
Instructor(s): certified instructor  
Hour(s): 4 Affirmation, *Re-affirmation: 2 hours  
Fee: $25.00  
Brief description: Affirmation: 4 hour classroom instruction on Basic Life Support (BLS) and AED. Class size limited to 1 instructor to 6 students.

Title: Low Back Pain and the Athlete  
Target Audience: athlete, coaches  
Instructor(s): physician or PT  
Hour(s): 30 minutes  
Brief description: Common causes of low back pain in the active individual and treatment options.

Title: Knee Pain and the Female Athlete: Etiology to Treatment  
Target Audience: athlete, coaches, parents  
Instructor(s): Physician and P.T.  
Hour(s): 1 hour  
Brief description: Discussion of specific knee injuries of the female athlete and guides for treatment.

Title: Ankle Sprains  
Target Audience: athlete, coaches  
Instructor(s): physician or PT  
Hour(s): 30 minutes  
Brief description: Discussion of the classifications of ankle sprains and the correct treatment options available. In addition, the presentation will include immediate first aid and basic rehabilitation exercises.
Title: Shoulder Injuries
Target Audience: athlete, coaches
Instructor(s): physician or PT
Hour(s): 30 minutes
Brief description: Common shoulder injuries for the throwing athlete will be presented. Discussion of biomechanics of the shoulder and how these factors impact occurrence and rehabilitation of shoulder injuries.

Title: When to Start Strength Training
Target Audience: athlete, coaches,
Instructor(s): physician or PT
Hour(s): 30 minutes
Brief description: A review of the guidelines for safe participation in strength training and examples of successful programs. Discussion of the maturation process of the young athlete will provide a basis for implementation of safe strength training programs.

Title: Injury Prevention in Gymnastics and Cheerleading
Target Audience: athlete, coaches
Instructor(s): physician
Hour(s): 1 hour
Brief description: Discusses common injuries seen in both gymnastics and cheerleading, when to seek medical attention and ways to prevent injuries from occurring.

Title: Exercise Induced-Bronchospasm
Target Audience: athlete, coaches, and parents
Instructor(s): physician
Hour(s): 30 minutes
Brief description: Exploration of the common causes of wheezing in athletes will guide the discussion into an explanation of exercise-induced Bronchospasm. Proper referral and treatment options will be discussed.

Title: Dehydration and Fluid Replacement
Target Audience: athlete, coaches, and parents
Instructor(s): physician
Hour(s): 30 minutes
Brief description: Discussion of the misconceptions surrounding fluid restriction for athletes. Physiology of fluid balance in the athlete and proper guidelines for preventing dehydration in various sports will be discussed.

Title: Exercise and Heat Illness
Target Audience: athlete, coaches, and parents
Instructor(s): physician or PT
Hour(s): 30 minutes
Brief description: Signs and symptoms associated with heat relate illnesses including heat cramps, exhaustion and heat stroke. Gives advice on how to prepare and prevent such illness from occurring.
Title: Flexibility and Exercise  
Target Audience: athlete, coaches, and parents  
Instructor(s): PT or ATC  
Hour(s): 30 minutes  
Brief description: Discussion of the need for flexibility training. Examples of successful flexibly and exercise programs.

Title: Dealing with Concussions  
Target Audience: athlete, coaches, and parents  
Instructor(s): physician  
Hour(s): 30 minutes  
Brief description: Signs and symptoms associated with concussions, what to watch for after sustaining a head impact injury. Proper referral and when to see medical attention.

Title: Injury Prevention for the Winter Athlete  
Target Audience: athletes, coaches, parents  
Instructor(s): physician  
Hour(s): 1 hour  
Brief description: Discusses common injuries seen in winter sports. When to seek medical attention and ways to prevent injuries from occurring.

Title: Recognizing Over Use Injuries  
Target Audience: athletes, coaches, parents  
Instructor(s): physician  
Hour(s): 1 hour  
Brief description: Definition of Over Use Injuries and how they occur. Discusses common injuries seen overuse injuries and when to seek medical attention and ways to prevent injuries from occurring.

Title: Basketball Injuries: Care and Prevention  
Target Audience: athletes, coaches, parents  
Instructor(s): physician  
Hour(s): 1 hour  
Brief description: Discusses common injuries seen in basketball and when to seek medical attention and ways to prevent injuries from occurring.

Title: The Importance of Flexibility in Preventing Throwing Injuries In Baseball  
Target Audience: coaches, athletes, parents,  
Instructor(s): physician, PT/ATC  
Hour(s): 30 minutes  
Brief description: An overview of overuse injuries associated with throwing and when to seek medical attention; Describes flexibility and strengthening exercise specific to throwing. Includes attention to little league injuries.
Title: Recognition and Prevention of Football Injuries
Target Audience: athletes, coaches, parents
Instructor(s): physician
Hour(s): 1 hour
Brief description: Discusses common injuries seen in football and when to seek medical attention and ways to prevent injuries from occurring.

Title: Soccer Conditioning
Target Audience: athletes, coaches, parents
Instructor(s): physician
Hour(s): 1 hour
Brief description: Provides functional drills related to conditioning techniques specific to the soccer athlete.

Title: Nutritional Supplements/Steroids/Nutrition
Target Audience: athlete, coaches, and parents
Instructor(s): physician, dietician
Hour(s): 1 hour
Brief description: Discussion of the truths and misconceptions surrounding nutritional supplements. Proper nutrition recommendations. Discussion of the adverse reactions to steroid use.

Title: Eating Disorders and the Athlete
Target Audience: athlete, coaches, and parents
Instructor(s): physician, dietician
Hour(s): 30 minutes
Brief description: How to recognize eating disorders and the effect on performance. Proper nutrition and diet will be discussed

Title: How Much is too Much Exercise
Target Audience: athlete, coaches, and parents
Instructor(s): physician
Hour(s): 30 minutes
Brief description: Discussion of the truths and misconceptions surrounding exercise programs. When is too much, too much.

Title: Parent’s Role in Recognizing Injuries
Target Audience: parents
Instructor(s): physician
Hour(s): 1 hour
Brief description: Tips for recognizing injuries for parents of athletes. When to seek medical attention.
Title: Sports Injury 101 (Basic Injury Guide)
Target Audience: parents
Instructor(s): physician
Hour(s): 1 hour
Brief description: An overview of common sports injuries, tips for at home treatment and when to seek medical attention.

Sports Medicine Education for Parents and Athletes

Handouts
- Baseball stretches and Baseball warm up by age
- Soccer stretches and Soccer warm up by age
- Basketball stretches and Basketball warm up by age
- Hockey warm up exercises
- Eating disorders
- Fluid replacement
- Head injury take home instructions
- Injury Recognition in Athletes
- Heat Illness
- Use of heat and ice

Please contact the Human Motion Institute at Centerpoint Medical Center at 816-698-8846 for more information or to set up a seminar.

All seminars and handouts are free except for the material required for CPR/first aid/AED. These materials may be purchased by contacting….