

CURSO ONLINE DE CONMOCIÓN CEREBRAL PARA ENTRENADORES

1. Crearse una cuenta en cdc <https://www.train.org/cdctrain/home>
 - [Pasos para crear la cuenta](#)
2. Ingresar a la página de cursos: [PÁGINA DE CURSOS](#)
3. Elegir la opción: “heads up to youth sports: online concussion training for coaches”

Online training for youth sports coaches



The training provides essential info to help coaches spot signs and symptoms of possible concussions.

CDC's [HEADS UP to Youth Sports: Online Concussion Training for Coaches](#) shares the latest guidance on concussion safety and prevention. The training provides essential information to help coaches spot signs and symptoms of possible concussions and take action.

RELATED PAGES

- [HEADS UP Resources](#)
- [Concussion Videos](#)

4. Al ser redirigido a esta pagina (<https://www.cdc.gov/heads-up/training/youth-sports.html>), hacer click en el enlace: **“take the training”**

Overview

HEADS UP to Youth Sports Coaches: Online Concussion Training
[Take the Training](#)

After finishing this training, you will be able to:

- Describe what concussions are, how they occur, and at least one long-term and two short-term potential effects on an athlete's physical and mental health.
- Recognize at least two signs and two symptoms of concussion you might observe during a practice or game.
- Explain youth sports coaches' role in determining if an athlete should be removed from a practice or game, and list four steps to take after a possible concussion occurs.
- List at least two ways youth sports coaches can prioritize concussion safety.

ON THIS PAGE

- Overview**
- [More info for coaches](#)
- [More info for sports officials](#)
- [More info for parents](#)
- [More info for athletes](#)

RELATED PAGES

- [HEADS UP to High School Sports](#)
- [HEADS UP to Athletic Trainers](#)
- [HEADS UP to Schools](#)

5. Puedes tomar el curso en español haciendo click en el enlace: **“note: this training is now available in spanish! the spanish version of this training is available here.”**

HEADS UP to Youth Sports: Online Training for Coaches

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> Launch

More Actions

In Progress Web-based Training - Self-study ID 1089818 Skill level: Introductory 0.5h

★★★★☆ (155981)

Click the green Pre-Assessment button above to start the course.

If you are having issues creating an account, starting the course, or navigating the course, please use the [Create an Account](#) and [Info Sheet](#).

NOTE: This training is now available in Spanish! The Spanish version of this training is available [here](#).

COURSE DESCRIPTION: This training, developed by the Centers for Disease Control and Prevention (CDC), is designed specifically for youth sports coaches. This training will cover concussion basics, what to do when an athlete shows signs and symptoms of concussion, and will explore how coaches can contribute to concussion prevention and safety.

WHAT TO EXPECT: This training course combines didactic information with knowledge checks and illustrated case studies with a variety of scenarios to help you achieve the key learning objectives of the course.

[Show less](#)

6. Para comenzar el curso, hacer click en el botón verde “launch”

HEADS UP para entrenadores deportivos juveniles

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More Actions

In Progress Web-based Training - Self-study ID 1121076 Skill level: Introductory 0.5h

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★★★★☆ (5)

Haga clic en el botón verde "Pre-Assessment" (Evaluación previa) que se encuentra arriba para comenzar el curso.

Si tiene problemas para crear una cuenta, iniciar el curso o navegar por el curso, utilice [Create an Account](#) (Crear una cuenta) e [Info Sheet](#) (Hoja de información).

DESCRIPCIÓN DEL CURSO: Esta capacitación, desarrollada por los Centros para el Control y la Prevención de Enfermedades (CDC), está diseñada específicamente para entrenadores deportivos juveniles. Esta capacitación cubrirá

[Show more](#)

About Contacts Reviews Discussion Certificates

Material de lectura:

- Pagina general con informacion: <https://www.cdc.gov/headsup/youthsports/index-esp.html>
- Hoja informativa para entrenadores: https://www.cdc.gov/headsup/pdfs/youthsports/esp/coaches_span.pdf
- Poster para entrenadores: https://www.cdc.gov/headsup/pdfs/youthsports/esp/youth_sports_poster_spanish_v2_508.pdf
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