

# Athletic Trainer

Continuing education exam

## LEARNING OBJECTIVES

- Distinguish the clinical terms: concussion, chronic traumatic encephalopathy, subconcussion and mild brain traumatic injury.
- Articulate and understand the progressive stages of chronic traumatic encephalopathy.
- Describe the biomechanics and pathophysiology of sport-related mild traumatic brain injury.
- Describe anticipated advances in chronic traumatic encephalopathy diagnosis and mild traumatic brain injury prevention.

## PROFESSIONALLY APPROVED



Athletic Trainer 360 is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program is eligible for a maximum of 1 Category A hours/CEUs.



American College of Sports Medicine Professional Education Committee certifies that Continuing Education 360 (dba Athletic Trainer 360) meets the criteria for official ACSM Approved Provider status. Providership # 832042. This program provides 1 CECs.

## SPORT-RELATED CONCUSSION: A Critical Crisis DESCRIPTION

Uncover the latest in the prevention, diagnosis, and rehabilitation of mild brain injuries, including sport concussion and chronic traumatic encephalopathy. You will understand the biomechanics of varying severities of brain trauma, post-concussive syndrome, neurologic and behavioral changes, and evidence-based return to play protocols.

## GET STARTED.

### 1. LEARN.

View the online video to help you complete your exam. View video directly in your browser. Launch <https://bit.ly/3AEtFWX>. Or scan the QR code at the left. Select 'open browser'. The exam starts on the next page and consists of true/false statements (organized and synced with the book chapters).



### 2. SUBMIT YOUR ANSWERS FOR INSTANT GRADING. TWO WAYS.

I. Directly in browser. Launch: <https://bit.ly/3eaxV96>  
or  
II. Scan QR code below. Select 'open browser'.



- With either method, enter your email address (where your exam results and statement of completion will be delivered).
- Create a password that allows you to save and resume your exam and locate your exam results and statement of completion.

### 3. GET YOUR STATEMENT OF COMPLETION.

A minimum 70% score is required. If you do not earn the 70% minimum score, return to the exam submission URL/QR code, and submit your revised exam answers for grading. Unlimited and complimentary retakes.

### **Sport-Related Concussion: A Critical Crisis**

1. According to the NCAA, football exhibited the greatest number of injuries per 1,000 athlete-exposures (data from 2004-05 to 2013-14).
2. Subconcussion may be “clinically silent”, but potentially accumulate to create deleterious effects.
3. The Centers for Disease Prevention and Control (CDC) estimate of 3.8 million concussions annually. Most experts believe this is a significant underestimate of the actual incidence.
4. ApoE4 can possibly increase one’s susceptibility to CTE.
5. For sport-related concussion, focal is more common than diffuse mild traumatic brain injury.
6. Brain injury shearing forces describe forces that move across the parallel organization of the tissue.
7. Hyperphosphorylated tau deposits are insoluble and can result in neurofibrillary tangles.
8. The Post-Concussion Symptom Checklist (or PCSI) is a brief screening instrument designed for the neurocognitive assessment of concussion and requires no prior expertise in psychometric testing.
9. The NATA position is that: Concussion-grading scales should not be used to manage the injury. Instead, each patient should be evaluated and treated on an individual basis.
10. Younger athletes are more vulnerable to second impact syndrome.

## Next steps...

Congratulations! You have completed the knowledge portion of your continuing education exam. Now what?

### **Submit your exam answers for instant grading.**

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Click on “submit” button and your exam is automatically graded. With a minimum 70% score, you will receive your certificate instantly. Didn't earn the minimum score? Return to the original URL (located on page 1 of this exam) and submit your revised answers. Unlimited and complimentary retakes.

### **More than one credential?**

Earn it once. Use it twice.

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Our multiple professional approvals may allow you to apply these continuing education units to other credentials. Many Athletic Trainer 360 users are also ACSM professionals. You can use the continuing education that you earned here to satisfy continuing education requirements for ACSM professionals. View more at our Educating Everyone page [here](https://bit.ly/3RXNp1s). (<https://bit.ly/3RXNp1s>) Got questions? Email us at: <mailto:info@athletictrainer.com>

### **How did we do?**

We're listening. Two ways.

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Google Business survey. Complete the optional survey [here](https://bit.ly/3YoGTm4). (<https://bit.ly/3YoGTm4>).

“Make It Better for Others” survey. Complete the optional survey [here](https://bit.ly/3S1hD3G). (<https://bit.ly/3S1hD3G>)

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