## **Concussion Course instructions**

## DO NOT WAIT UNTIL THE LAST MINUTE TO COMPLETE THIS SO YOU CAN GET HELP IF YOU NEED IT!

- -Go to http://nfhslearn.com/courses/61037.
  - \*If this is your first time: click "Register" in the top right and enter all required information.
    Then go back to http://nfhslearn.com/courses/61037. Remember your login and password for future years.
  - If this is not your first time, click "sign in" in the top right corner and enter you login and password. Then go back to http://nfhslearn.com/courses/61037.
- -Click the blue button for "Order Course". Click "myself" and then click "continue"
- -Choose "Massachusetts" and click continue.
- -Check the box that talks about refunds (this is free anyway) and click "Continue".
- -Click the blue link that says "Click Here" in the third line in the top left corner
- -Click "the email is Accurate" if it asks you to verify your account. Then click "OK".
- -Click on "My Courses" on the left side and click "Begin Course" under concussion and sports.
- -Answer the 11 questions on the pre-assessment. These do not count. The same questions are asked at the end. Look for these answers in the videos.
- -Watch all of the videos. You will need to keep clicking "Next" to get to the next video. Do not try to skip ahead. It will not allow you to do this and will restart the video you are currently watching.
- -Answer the 11 questions on the review and submit. It will show you a summary of your results. Review any questions you may have missed and correct them if it allows you to. Then click "next".
- -Watch the final three short videos. click "next"
- -Do the course evaluation. Click "Submit"
- -Click "Download Certificate". Print this page and bring it to Mr. F. A sample is on the back of this sheet If you do not have a printer, you can use your login and password to print this from any other computer, including the ones at school.

Remember your password as you must do this every year through high school if you want o continue playing sports. I suggest writing it on a piece of tape and sticking it under your keyboard.