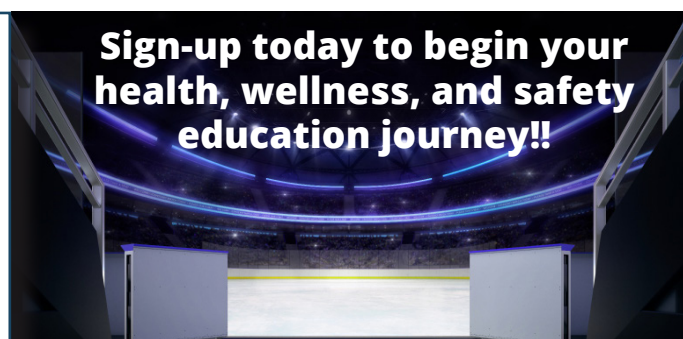




Together, Athletics Healthspace (USCAH's e-learning platform) and USA Hockey are excited to announce an opportunity for coaches to earn **CONTINUING EDUCATION CREDITS** for registering and completing any of the below programs. These self-paced modules for coaches and/or parents assist with advancing health, safety, and wellness knowledge.

**Each 3-Course Program below has a value of ONE (1) USA HOCKEY APPROVED CONTINUING EDUCATION CREDIT!!!**

<p><b>Health, Safety, and Wellness Program 1</b></p> <ul style="list-style-type: none"> <li>• Nutrition and Hydration</li> <li>• Physical Recovery Techniques</li> <li>• Overtraining in Sport</li> </ul>	<p><b>Health, Safety, and Wellness Program 2</b></p> <ul style="list-style-type: none"> <li>• Sleep</li> <li>• Illness and Infection in Sport</li> <li>• Sportsmanship</li> </ul>
<p><b>Diversity, Equity, and Inclusion Program 1</b></p> <ul style="list-style-type: none"> <li>• Anti-Racism</li> <li>• Bullying, Cyberbullying, and Hazing</li> <li>• Cultural Competency in Sports</li> </ul>	<p><b>Diversity, Equity, and Inclusion Program 2</b></p> <ul style="list-style-type: none"> <li>• Diversity, Equity, Inclusion &amp; Accessibility</li> <li>• Implicit Bias</li> <li>• Religious Inclusive Practices &amp; Accommodations in Sport</li> </ul>
<p><b>Emergency Preparedness Program 1</b></p> <ul style="list-style-type: none"> <li>• Airway Obstruction &amp; Emergency Management</li> <li>• Sudden Cardiac Injuries &amp; Commotio Cordis</li> <li>• Cervical Spine Injuries &amp; Management</li> </ul>	<p><b>Emergency Preparedness Program 2</b></p> <ul style="list-style-type: none"> <li>• Collapse in Athletes</li> <li>• Emergency Action Plan Development</li> <li>• Concussion in Sport</li> </ul>
<p><b>Mental Health in Sport Program 1</b></p> <ul style="list-style-type: none"> <li>• Mental Health Emergency Action Plans</li> <li>• Mental Recovery Techniques</li> <li>• Mental Health and the Injured Athlete</li> </ul>	<p><b>Mental Health in Sport Program 2</b></p> <ul style="list-style-type: none"> <li>• Mental Health in Sport for Coaches and Support Staff</li> <li>• Social Media and Mental Health</li> <li>• Trauma-Sensitive Coaching Practices</li> </ul>
<p><b>Hockey Specific Injuries Program 1</b></p> <ul style="list-style-type: none"> <li>• Acromioclavicular (AC) Joint Sprain</li> <li>• Athletic Pubalgia (Sport Hernia)</li> <li>• Groin Strains (Adductor, Hip Flexor)</li> </ul>	<p><b>Hockey Specific Injuries Program 2</b></p> <ul style="list-style-type: none"> <li>• Femoroacetabular Impingement (Hip)</li> <li>• Medial Collateral Ligament (MCL) Sprain (Knee)</li> <li>• Malleolar Bursitis and "Lace Bite" (Ankle/Foot)</li> </ul>



**Sign-up today to begin your health, wellness, and safety education journey!!**

**TO ACCESS ATHLETICS HEALTHSPACE**

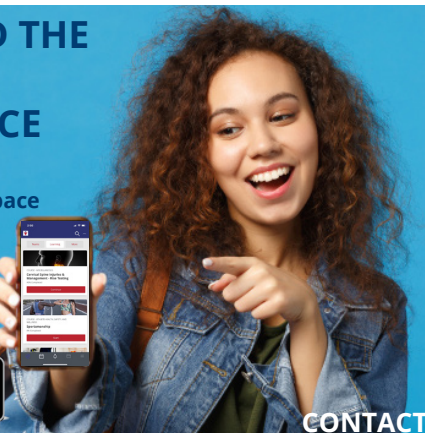
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**The U.S. Council for Athletes' Health (USCAH) will provide a monthly report of all USA Hockey coaches that register and complete the modules for credit!**