

Appendix B: Websites for Health Care and Sports Industry Professionals

Academy for Sports Dentistry <https://www.academyforsportsdentistry.org/>
 Academy of Nutrition and Dietetics <https://www.eatright.org/>
 American Academy of Dermatology <https://www.aad.org/>
 American Academy of Family Physicians <https://www.aafp.org/home.html>
 American Academy of Neurology <https://www.aan.com/>
 American Academy of Ophthalmology <https://www.aao.org/>
 American Academy of Orthopaedic Surgeons <https://www.aaos.org/>
 American Academy of Otolaryngology <https://www.entnet.org/>
 American Academy of Pediatrics <https://www.aap.org/>
 American Academy of Physical Medicine and Rehabilitation <https://www.aapmr.org/>
 American Academy of Podiatric Sports Medicine <http://www.aapsm.org/>
 American Academy of Sports Physical Therapy Section <https://spts.org/>
 American Chiropractic Association <https://acasc.org/>
 American College of Foot and Ankle Surgeons <https://www.acfas.org/>
 American College of Sports Medicine <http://www.acsm.org/>
 American Dental Association https://www.ada.org
 American Heart Association <https://www.heart.org/>
 American Kinesiotherapy Association <https://akta.org/>
 American Massage Therapy Association <https://www.amtamassage.org/>
 American Medical Association <https://www.ama-assn.org/>
 American Medical Society for Sport Medicine <https://www.amssm.org/>
 American Occupational Therapy Association <https://www.aota.org/>
 American Optometric Association <https://www.aoa.org/>
 American Orthopaedic Foot and Ankle Society <https://www.aofas.org/>
 American Orthopaedic Society for Sports Medicine <https://www.sportsmed.org/>
 American Osteopathic Academy of Sports Medicine <https://www.aoasm.org/>
 American Osteopathic Association <https://osteopathic.org/>
 American Physical Therapy Association <http://www.apta.org/>
 American Red Cross <https://www.redcross.org/>
 American Sports Medicine Institute <http://www.asmi.org/>
 America's Health Insurance Plans <https://www.ahip.org/>
 Andrews Institute <http://www.andrewsinstitute.com/>
 Association for Applied Sport Psychology <https://appliedsportpsych.org/>
 Association of Sport Performance Centres <https://sportperformancecentres.org/>
 Canadian Academy of Sport and Exercise Medicine <https://casem-acmse.org/>
 Canadian Athletic Therapists Association <https://athletictherapy.org/en/>
 Centers for Disease Control and Prevention <https://www.cdc.gov/>
 Collegiate and Professional Sports Dietitians Association <https://www.sportsrd.org/>
 Collegiate Strength and Conditioning Coaches Association <http://www.cscca.org/>
 Drug Free Sport International <https://www.drugfreesport.com/>
 EXOS <https://www.teamexos.com/>
 The Industrial Athlete <http://www.theindustrialathlete.com/>
 International Olympic Committee <https://www.olympic.org/>
 International Society for Sports Psychiatry <https://sportspsychiatry.org/>

Joint Commission on Sports Medicine and Science <http://www.jcsmsonline.org/>
 Kinesio Taping Association International <https://kinesiotaping.com/membership/kinesio-tape-association-advisory-board/>
 Mayo Clinic <https://www.mayoclinic.org/>
 National Athletic Trainers' Association <https://www.nata.org/>
 National Athletic Trainers' Association Board of Certification <http://www.bocatc.org/>
 National Center for Sports Safety <https://sportssafety.org/>
 National Collegiate Athletic Association <http://www.ncaa.org/>
 National Federation of State High School Associations <https://www.nfhs.org/>
 National Federation of State High School Associations Learning Center <https://nfhslearn.com/>
 National Institutes of Health <https://www.nih.gov/>
 National Interscholastic Athletic Administrators Association <https://members.niaaa.org/>
 National Operating Committee on Standards for Athletic Equipment <https://nocsa.org/>
 National Safety Council <https://www.nsc.org/>
 National Strength and Conditioning Association <https://www.nsc.com/>
 North American Society for Pediatric Exercise Medicine <https://www.naspem.org/>
 Occupational Safety and Health Administration <https://www.osha.gov/>
 Society of Health and Physical Educators <https://www.shapeamerica.org/>
 Sport Information Resource Centre <https://sirc.ca/>
 Sports, Cardiovascular, and Wellness Nutrition <https://www.scandpg.org/home>
 Stop Sports Injuries <https://www.stopsportsinjuries.org/>
 United States Olympic Committee <https://www.teamusa.org/>
 University of Connecticut, Korey Stringer Institute <https://ksi.uconn.edu/>
 World Federation of Athletic Training and Therapy <https://www.wfatt.org/>

Websites for Medical Health Care Companies

Ambra Le Roy Medical Products <http://www.ambraleroy.com/>
 AMERX Health Care <https://amerigel.com/>
 Breg <https://www.breg.com/>
 Cramer Products, Inc. <https://www.cramersportsmed.com/>
 DJ Orthopedics <https://www.djglobal.com/>
 FCX Global <http://www.fcxglobal.com/>
 Johnson & Johnson <https://www.jnj.com/>
 Kinesio Taping <https://kinesiotaping.com/>
 Medco Sports Medicine <https://www.medco-athletics.com/>
 PRO Orthopedic <http://www.proorthopedic.com/>
 3M <https://www.3m.com/>
 Vasyli Medical <http://www.vasylimedical.com/>

Informational Websites

<http://ahealthyway.net/kinesio-taping/kinesio-tape-vs-others/>

<http://emedicine.medscape.com/article/86495-overview>

<https://www.ncbi.nlm.nih.gov/pubmed/12937565>

<http://fingerlakessportsmedicine.com/taping-vs-bracing/>

http://usatoday30.usatoday.com/sports/2005-11-07-taping-work_x.htm

http://running.competitor.com/2014/03/injury-prevention/tape-it-up-does-kinesiology-tape-really-work_51973

<http://meredithatwood.tripod.com/>

http://sportsmedicine.about.com/od/ankletaping/a/kinesio_tape.htm

<http://www.physioadvisor.com.au/11855950/shoulder-taping-shoulder-strapping-physioadvis.htm>

http://www.medicinenet.com/kinesio_tape/article.htm

Appendix C: NATA Statements

<https://www.nata.org/news-publications/pressroom/statements/position>

The National athletic Trainers' Association addresses clinical practice updates, current events and other timely topics by issuing the following statements:

Position Statements: Scientifically based, peer reviewed research with a team of authors who are experts on the subject – NATA Pronouncements Committee has oversight over position statements

Official Statements: Brief statements on timely topics

Consensus Statements: The product of inter-association task forces spearheaded by NATA

Support Statements: NATA and outside organizations support each other's stance on a particular topic

It is highly recommended that the learner access the NATA website (<https://www.nata.org/news-publications/pressroom/statements>) for a comprehensive listing of medical related topics and related topics of interest. Specifically, the ones addressing Concussion, Preparticipation Physical Examination, Mental Health, and Emergency Action Plan will be of high interest.

Appendix D: Active Learning Websites

U.S. Center for SafeSport

<https://uscenterforsafesport.org/>

Our approach to preventing abuse in sport begins with awareness and how to recognize the red flags of emotional, physical and sexual misconduct, and then what to do if abuse does occur. Our online SafeSport™ Trained 90-minute core course covers the following topics in-depth and provide a pre- and post-testing component:

- Mandatory Reporting
- Sexual Misconduct Awareness Education
- Emotional and Physical Misconduct

Centers for Disease Control and Prevention (CDC)

CDC Heads Up Concussion Training for Youth Sports

<https://www.cdc.gov/headsup/youthsports/training/index.html>

By taking this free, online course and using what you learn, you will be well positioned to improve the culture of concussion. Your actions can help create a safe environment for young athletes so that they can stay healthy, active, and thrive—both on and off the playing field. Once you complete the training and quiz, you can print out a certificate, making it easy to show your league or school you are ready for the season.

TrueSport

<http://truesport.org/>

We support athletes, parents and coaches by partnering with organizations throughout the country to promote a positive youth sport experience. An experience that gives young athletes the tools to be leaders in life. We're powered by the experience and values of USADA – the U.S. Anti-Doping Agency. As a trusted guardian, dedicated to preserving the integrity of competition at every level, TrueSport is founded on three cornerstones:

- *Sportsmanship*: Winning the right way – with respect and gratitude for teammates, coaches, parents, and competitors.
- *Character Building*: Using the sport experience to develop positive whole-life attitudes and behaviors: perseverance, courage, honesty, and more.
- *Healthy Performance*: Wellness-centric lifestyles that fuel athletic and personal success – in sport and in everyday life. We're all about the true essence of sport – integrity, respect, teamwork, courage, and responsibility.

Appendix E: NATA Infographic

NATA has developed a number of infographics on various injuries and illnesses common to sports medicine. Attached are the links for all of the infographics (listed alphabetically) for you to investigate to improve your knowledge. Additionally, you may download and distribute these handouts to educate patients, parents, and the community on important health topics.

https://www.nata.org/sites/default/files/acl_injury_handout.pdf

https://www.nata.org/sites/default/files/ankle_sprain_handout.pdf

<https://www.nata.org/sites/default/files/asthma-vcd-eilo-handout.pdf>

<https://www.nata.org/sites/default/files/bullying-hazing-handout.pdf>

<https://www.nata.org/sites/default/files/cheerleading-safety-handout.pdf>

<https://www.nata.org/sites/default/files/concussion-handout.pdf>

<https://www.nata.org/sites/default/files/cultural-competence-handout.pdf>

<https://www.nata.org/sites/default/files/dental-injury-handout.pdf>

<https://www.nata.org/sites/default/files/environmental-cold-injuries-handout.pdf>

<https://www.nata.org/sites/default/files/face-head-protection-handout.pdf>

<https://www.nata.org/sites/default/files/football-helmet-handout.pdf>

<https://www.nata.org/sites/default/files/hamstring-injuries-handout.pdf>

https://www.nata.org/sites/default/files/hydration_heat_illness_handout.pdf

<https://www.nata.org/sites/default/files/injury-nutrition-handout.pdf>

https://www.nata.org/sites/default/files/lightning_safety_handout.pdf

https://www.nata.org/sites/default/files/mental_health_handout.pdf

<https://www.nata.org/sites/default/files/mental-health-card-handout.pdf>

<https://www.nata.org/sites/default/files/nutrition-clock-handout.pdf>

https://www.nata.org/sites/default/files/overuse_injuries_handout.pdf

<https://www.nata.org/sites/default/files/patellofemoral-pain-handout.pdf>

<https://www.nata.org/sites/default/files/shin-splint-stress-fracture-infographic.pdf>

<https://www.nata.org/sites/default/files/sickle-cell-trait-handout.pdf>

<https://www.nata.org/sites/default/files/skin-disease-handout.pdf>

<https://www.nata.org/sites/default/files/skin-injuries-handout.pdf>

<https://www.nata.org/sites/default/files/sleep-infographic-handout.pdf>

<https://www.nata.org/sites/default/files/stress-handout.pdf>

https://www.nata.org/sites/default/files/sudden-cardiac_arrest-handout.pdf

<https://www.nata.org/sites/default/files/sudden-cardiac-arrest-checklist-handout.pdf>

<https://www.nata.org/sites/default/files/suicide-awareness.pdf>

<https://www.nata.org/sites/default/files/sun-safety.pdf>

<https://www.nata.org/sites/default/files/tommy-john-handout.pdf>

<https://www.nata.org/sites/default/files/volleyball-safety-handout.pdf>

<https://www.nata.org/sites/default/files/weight-managment-infographic.pdf>