



## NFHS Learning Center Adds Three New Courses

The NFHS Learning Center continues to grow, adding three new courses. With the new additions, NFHSLearn.com now offers 39 courses for students, parents, coaches, administrators and officials. The new courses, two of which are FREE, are featured below.



### Sudden Cardiac Arrest

Sudden Cardiac Arrest is the number one cause of death in the United States for student athletes during exercise. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood.

about 4 hours ago.

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### Captains Course

Are leaders born, or are they made? While some student-athletes have the characteristics to be a leader, leadership is a learned skill. Most captains receive little to no training on how to be a team leader. Coaches throw captains into a leadership role, and then cross their fingers that the student will succeed.

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