



NFHS Memorandum Courses

The following NFHS courses are required to be completed each year by ALL high school athletes.

NFHS website: <https://nfhslearn.com/>

Courses:

- **Concussion in Sports**
- **Sudden Cardiac Arrest**
- **Heat Illness Prevention**
- **Sportsmanship**

Register for courses located in top right corner of website.

Once courses are complete, save the certificate and upload into SportsWare.