



2021 Proposal for Schools

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# HEADKNOCK

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Educating students about the brain and  
sport

# HEADKNOCK PROGRAM

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5 MINS **INTRODUCTION**

5 MINS **THE VALUE AND BENEFITS OF SPORT**

The importance of sports and exercise

5 MINS **AWARENESS OF SPORTS ISSUES**

Discussion of sports issues-attitudes, resilience and injuries.

5 MINS **BRAIN HEALTH**

The brain parts and functions

10 MINS **CONCUSSION AND SPORT**

Concussion explained-awareness, types, symptoms, action plans.

10 MINS **PROTECTING THE BRAIN**

Tips for brain health in sport and in life.

[WWW.HEADKNOCK.COM/2020](http://WWW.HEADKNOCK.COM/2020)

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