



VIRTUAL ERA RECERTIFICATION COURSE

This course consists of four parts; each one takes preparation and time to complete. Please carefully review these items.

1. VIRTUAL ERA TRAINING VIA LEARNING MODULE

LEARNER ACCOUNT

Create a learner account on the Cogent Steps website at www.cogentsteps.net (if registered on the website, you have already created the account). If someone else registered you, contact us at reid.bessenger@gmail.com or 703-971-4834 so we can associate your registration with your learner account.

ONLINE TRAINING MODULE

Log onto your learner account and click “My Learner Account” in the blue ribbon at the top right of the page. Among the items you will have access to are on-site course orders, online training modules, and account details. You will also find the original ERA textbook for review and your chosen immersive course with its accompanying test. The average time for completion of the immersive course is 1-3 hours, depending on the module.

2. LAB WORK (due eight days prior to attending the Zoom session)

This will be completed through an online platform, independent of the Cogent Steps Learner Account. Instructions for accessing and completing the lab work will be sent to you following registration for the course. For the lab, you will need the supplies and equipment listed at <https://cogentsteps.net/virtual-era-recertification-course/>

- The time needed for completion of the lab work is 2 to 5 hours.
- Several topics require you to respond through written text or by uploading a video.
- You will need a partner to complete the required assignments.

3. SYNCHRONOUS SESSION

- A link for Zoom will be emailed to you a few days before the session is scheduled to occur.
- The session will be held from 9 am to 5 pm ET.
- It is recommended you wear lab-type clothing.
- Unless there are extenuating circumstances, it is required you keep your camera turned on.
- A partner is needed for practical testing which begins at approximately 1:15 ET. (A partner is defined as anyone old enough to “act out” an injured athlete scenario with some basic coaching from the instructor.)
- Final practicals are completed in a group format with input and feedback from all students; you may be asked to demonstrate a skill on your partner.

4. POST-EVENT

- You will receive a link to complete an online course evaluation, which must be completed for you to receive your certificates. *It is vital for Cogent Steps to receive this feedback to monitor and improve the quality of our course.*
- For **physical therapists**, the granting of state CEUs is variable. Some states recognize our course as an approved APTA course provider while others require individual submission of documents for post-event approval of credit. Access the documents here: <https://cogentsteps.net/ceu-submission-information/>
- For **athletic trainers**, Cogent Steps is an approved NATABOC provider: # P10170.
- You will receive an email with your Immersive and ERA course certificates typically within a week of completing the synchronous session.