
SPORTS MEDICINE

OCAS Code: 8556

Instructor Information (Determined by Instructor)

Instructor	Email	Office Hours & Location
Frist, Last	Email	Info

General information

Grade Level

Comprehensive High School

Credit

1 semester, 120 hours, .5 credits

Teacher Certification Necessary

Student Certificate

Course Description

The Sports Medicine course emphasizes the prevention of athletic injuries, including the components of exercise science, anatomy, principles of safety, first aid, cardiopulmonary resuscitation (CPR) and vital signs. Subject matter will also include discussion of legal issues, members of the sports medicine team, nutrition, protective sports equipment, environmental safety issues, taping and wrapping, mechanisms of injury and application of other sports medicine concepts. Students interested in healthcare careers in athletic training, physical therapy, medicine, exercise physiology, nursing, biomechanics, nutrition, psychology and radiology will benefit from this course.



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Expectations and Goals

1. Injury Prevention Proficiency:

- *Expectation:* Develop a thorough understanding of the principles and strategies for preventing athletic injuries.
- *Goal:* Acquire the ability to identify and implement injury prevention measures in various sports contexts.

2. Exercise Science Foundation:

- *Expectation:* Establish a foundational knowledge of exercise science principles.
- *Goal:* Apply exercise science concepts to enhance athletic performance and prevent injuries.

3. Anatomy Mastery:

- *Expectation:* Gain in-depth knowledge of human anatomy relevant to sports medicine.
- *Goal:* Understand the anatomical structures associated with common sports injuries and their prevention.

4. Safety Principles:

- *Expectation:* Understand and adhere to safety principles in sports medicine.
- *Goal:* Demonstrate knowledge of safety protocols to create a secure environment for athletes and practitioners.

5. First Aid and CPR Competency:

- *Expectation:* Attain proficiency in providing first aid and CPR in sports-related emergencies.
- *Goal:* Obtain certification in first aid and CPR, ensuring readiness to respond to potential medical situations.

6. Vital Signs Assessment:

- *Expectation:* Learn how to assess and interpret vital signs in athletic settings.
- *Goal:* Acquire skills in monitoring and evaluating vital signs to ensure the well-being of athletes.

7. Legal Awareness:

- *Expectation:* Understand legal issues related to sports medicine.
- *Goal:* Comprehend the legal implications of athletic training and healthcare, ensuring ethical and legal practices.

8. Sports Medicine Team Collaboration:

- *Expectation:* Appreciate the roles of various members in the sports medicine team.
- *Goal:* Collaborate effectively with other professionals to optimize athlete health and performance.

9. Nutritional Understanding:

- *Expectation:* Explore the role of nutrition in sports medicine.
- *Goal:* Understand how nutrition contributes to athletic performance, injury prevention, and recovery.

10. Sports Equipment Knowledge:

- *Expectation:* Familiarize oneself with protective sports equipment.
- *Goal:* Evaluate and recommend appropriate sports equipment to enhance athlete safety and performance.

11. Environmental Safety Awareness:

- *Expectation:* Be aware of environmental safety issues in sports.
- *Goal:* Implement measures to address environmental factors affecting athlete well-being.

12. Taping and Wrapping Techniques:

- *Expectation:* Learn and apply taping and wrapping techniques.

- *Goal:* Develop skills in providing support and preventive measures through proper taping and wrapping.
- 13. Mechanisms of Injury Understanding:**
- *Expectation:* Analyze the mechanisms of sports injuries.
 - *Goal:* Identify and understand the causes and mechanisms behind common sports injuries.
- 14. Application of Sports Medicine Concepts:**
- *Expectation:* Apply acquired knowledge in practical sports medicine scenarios.
 - *Goal:* Demonstrate the ability to integrate sports medicine concepts into real-world situations.
- 15. Career Path Exploration:**
- *Expectation:* Explore healthcare careers related to sports medicine.
 - *Goal:* Gain insights into various healthcare professions and pathways, helping students make informed career choices.

Course Syllabi

Foundation Standard 1: Academic Foundation

1. Define sports medicine.
2. Discuss the history and development of sports medicine.
3. Identify the major bones of the body.
4. Identify the major muscle groups of the body.
5. Describe the psychological effects of injury and recovery.

Foundation Standard 2: Communications

1. Demonstrate appropriate oral and written communication with
 - coaches,
 - team physicians,
 - parents,
 - athletes,
 - school and athletic administrators, and



- other healthcare professionals.

2. Use appropriate oral and written medical terminology within the scope of practice in order to interpret, transcribe and communicate information, data and observations.

Foundation Standard 3: Systems

1. Discuss the administrative and management role of the sports medicine team members.
2. Describe a sports medicine facility setup, to include:
 - floor plan design,
 - facility equipment and furnishings, and
 - functionality
3. Describe the budgeting and purchasing process for the facility.

Foundation Standard 4: Employability Skills

1. Explore potential sports medicine career paths.
2. Explain the education process, credentialing requirements, employment opportunities, workplace environments and career growth potential for a sports medicine career path.
3. Interact appropriately and respectfully with diverse ethnic, age, cultural, religious and economic groups in various employment and social settings.

Foundation Standard 5: Legal Responsibilities

1. Analyze legal responsibilities, limitations and implications of actions.
2. Explain the importance of maintaining patient confidentiality.
3. Define malpractice, liability, negligence, assumption of risk and informed consent.
4. Identify behaviors and/or practices that could result in malpractice, liability and/or negligence.



5. Identify duties of sports medicine providers according to regulations, policies, laws and legislated rights of patients.

Foundation Standard 6: Ethics

1. Practice responsibly within the ethical framework of the sports medicine profession.

2. Identify Code of Ethics for sports medicine professions, such as:

- certified athletic trainers,
- physical therapists,
- orthopedic physicians, etc.

3. Demonstrate professionalism when practicing sports medicine.

Foundation Standard 6: Ethics

1. Explain the importance of appropriate equipment maintenance, such as:

- player equipment and
- sports medicine facility modalities.

2. Identify environmental risk factors associated with specific activities of the physically active.

3. Practice infection control procedures.

4. Apply appropriate use of standard (universal) precautions for infectious diseases as established by the Occupational Safety and Health Administration (OSHA).

5. Explain personal safety practices.

6. Recognize and maintain a safe work environment.

7. Recognize and maintain a safe competitive and practice environment for participants.

8. Construct an emergency crisis plan for the sports medicine setting(s).



Foundation Standard 7: Teamwork

1. Define the members of the sports medicine team.
2. Analyze the role(s) of each member of the sports medicine team.

Foundation Standard 8: Health Maintenance Practices

1. Describe the Food Guide Pyramid and/or basic nutrients.
2. Identify and discuss nutritional concerns of the athlete, such as:
 - appropriate hydration,
 - inappropriate and appropriate diets,
 - nutritional supplements,
 - pre-game/post-game meals, and
 - weight control.
3. Identify and describe eating disorders and their management.
4. Describe and demonstrate physical conditioning principles.

Foundation Standard 9: Technical Skills

1. Identify and demonstrate basic first aid skills.
2. Identify and demonstrate cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) skills.
3. Observe, measure, record, and evaluate vitals signs, including:
 - temperature and skin color,
 - pulse and respiration, and
 - blood pressure.
4. Perform measurement of height and weight.



5. Demonstrate use of the Snellen Eye Chart.
6. Perform taping and wrapping skills, such as:
 - foot, ankle, hand, wrist, fingers and toes.
7. Explain and/or perform the appropriate fitting of protective and/or supportive sports equipment.
8. Describe general injury causations and/or mechanisms.
9. Describe the use of hot and cold in treating acute, sub-acute and chronic injury.

Foundation Standard 10: Information Technology Applications

1. Describe and/or demonstrate the use of electronic injury data tracking systems.
2. Demonstrate ability to obtain information through the use of the World Wide Web.
3. Demonstrate the ability to use various computer applications to complete daily tasks.

Course Materials (Determined by Instructor)

Required materials

Need a heading or a bullet? On the Home tab, in the Styles gallery, choose from all styles used in this syllabus.

- Tap to add text.
- Tap to add text.

Optional materials

Want to add more tables to your document that look like the Course Schedule and Exam Schedule tables that follow? Nothing could be easier. On the Insert tab, just select Table to add a new table. New tables you create in this template are automatically formatted to match.

Required text

Item name 1 Media Type, Author Name



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Item name 2 Media Type, Author Name

Course Schedule (Determined by Instructor)

Week	Topic	Reading	Exercises
Week 1	Enter topic	Enter reference	Enter exercise
Week 2	Enter topic	Enter reference	Enter exercise
Week 3	Enter topic	Enter reference	Enter exercise

Exam Schedule (Determined by Instructor)

Date	Subject
Date 1	Enter subject
Date 2	Enter subject
Date 3	Enter subject

Additional Information and Resources

Resources