



Sports Medicine

Length: Semester

Credits: 0.5

Lincoln Empowered™ Sports Medicine provides students with basic knowledge of the history of sports medicine, the anatomy of the body, and the common injuries that occur in sports. In addition, the course discusses techniques used in sports medicine to train and strengthen the body, treatments for injury and disease, and proper nutrition for athletes.

- Introduction to Sports Medicine
- Injury Prevention
- Injury Assessment
- The Muscular System
- Muscular Injuries & Treatment
- The Circulatory System
- Circulatory Disease & Treatment
- The Skeletal System
- Skeletal Injuries & Treatment
- The Nervous System
- Nervous System Injuries & Treatment
- Training & Conditioning