



EXERCISE SCIENCE/SPORTS MEDICINE

COURSE DESCRIPTION:

This full-year course is designed to teach students components of exercise science/sports medicine; including exploration of therapeutic careers, medical terminology, anatomy and physiology, first aid, injury prevention principles, the healing process, rehabilitation techniques, therapeutic modalities, sport nutrition, sport psychology, and performance enhancement philosophies.

STRANDS:

- Identify members of the Sports Medicine team.
- Students will apply medical terminology.
- Students will apply injury prevention principles.
- Students will examine performance enhancement philosophies.
- Students will explore various aspects of sport nutrition.
- Students will describe the injury and healing process.
- Students will be able to recognize common injuries and administer injury management.
- Students will explore specific sports injuries.
- Students will explain therapeutic modalities and rehabilitation techniques.
- Students will describe principles of sports psychology.

PERFORMANCE OBJECTIVES:

- Prepare a basic SOAP note.
- Fit crutches to any size individual.
- Demonstrate proper flexibility techniques for all major muscle groups.
- Prepare and ice bag/pack.
- Apply a compression wrap to an ankle.
- Apply a compression wrap to a knee.
- Competently tape an ankle within five minutes using standard prophylactic technique.
- Competently tape a thumb using standard prophylactic technique.
- Competently tape a wrist using standard prophylactic technique.
- Competently tape an arch using standard prophylactic technique.
- Demonstrate anatomical position.
- Demonstrate body movements.
- Demonstrate proper bleeding control methods.