



SPORTS MEDICINE

WHAT

Career Technical Ed

This program is designed to provide students with an overview in the field of Sports Medicine. The course is specifically geared for students who have a special interest in athletics, and/or who may be interested in pursuing a career in medicine, athletic training, physical therapy, EMT, or other health related fields. A comprehensive range of topics are explored including basic anatomy and physiology, emergency procedures, prevention and care of athletic injuries, protective taping and wrapping techniques, and therapeutic methods of injury care and rehabilitation. All students have the opportunity to become certified in American Red Cross First aid/CPR/AED use.

WHEN

Elective option for grades 9 - 12

**ALL ARE
WELCOME**

ARE YOU

INTERESTED IN:

**Sports Medicine
Exercise Principles
Nutrition
Injury Prevention
Providing care to
athletes
Volunteering at
athletic events**

FOR MORE INFO:

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Course Content:

Please allow for some flexibility in this general timeline in the event certain topics require more/less time to cover the necessary materials.

Semester 1:

Chapter	Topic
Chapter 1	Careers in Sports Medicine
Chapter 2	Legal Considerations and Administration / Game Coverage
Chapter 4	Emergency Preparedness and Assessment (EAPs)
Chapter 5 Chapter 7 & ARC Manual	Infection Control & Bloodborne Pathogens Basic Life Support / American Red Cross CPR & First Aid
Chapter 6	Vital Signs Assessment
Chapter 10	Assembling First Aid Kits & Bags
Chapter 8	Environmental Conditions
Chapter 9	Injuries to the Tissues - Anatomy and Physiology
Chapter 11	Taping and Wrapping

Semester 2:

Chapter	Topic
Chapter 12	Injuries to the Head and Spine
Chapter 13	Injuries to the Upper Extremities
Chapter 14	Injuries to the Chest and Abdomen
Chapter 15	Injuries to the Pelvis and Lower Extremities
Chapter 16	Return to Play
Chapter 17	Therapeutic Modalities
Chapter 18	Therapeutic Exercise for Rehabilitation
Chapter 7+	Exercise Techniques/Programs
Chapter 22 & 23	Physical Conditioning & Designing a Conditioning Program
Chapter 24	The Promotional Point: Becoming Employable + Review