

YOSEMITE REGIONAL OCCUPATIONAL PROGRAM

SPORTS MEDICINE 1-2

CBEDS Code: 4284

<u>JOB TITLES</u>	<u>DOT NO.</u>
Athletic Trainer	153.224.010
Physical Therapist	076.121-014
Nurse	075.364-010
Medical Technician	079.374-010

Course description:

Students enrolled in the Sports Medicine course will learn the basic skills and fundamentals necessary for careers relating to sports medicine. Students will demonstrate knowledge in first aid, sports nutrition, training and conditioning techniques, body mechanics, mechanisms of injury, taping and bracing, protective sports equipment, and prevention, evaluation and rehabilitation of sports injuries.

DURATION: 180-360 hours

CREDIT: 10-20 Units

MEETS GRADUATION REQUIREMENTS IN: N/A

REQUIRED FOR GRADUATION: No

SCHOOLS OFFERED: Ceres, Sonora, Modesto City Schools

MEETS UNIVERSITY OF CALIFORNIA ENTRANCE REQUIREMENTS: Pending

MEETS CALIFORNIA STATE UNIVERSITY REQUIREMENTS: Pending

ARTICULATED WITH POSTSECONDARY INSTITUTIONS: Pending

RESOURCE MATERIALS (MCS – Each District Selects Its Own Materials)

Basic Text(s):

Fundamentals of Athletic Training

2nd Edition

Lorin A. Cartwright/William A. Pitney

Human Kinetics, 2005

Sports Medicine Essentials: Core Concepts in Athletic Training and Fitness Instruction

1st Edition

Jim Clover, MED, ATC, PTA

Thomson: Delmar Learning 2001

Supplemental Text(s):

American Red Cross Handbook

Instructional Content

Instruction will include:

Student Outcomes

At the end of instruction, the student will be able to:

Hours

CL=Classroom
CC=Comm. Class.

<p>1. Introduction and Orientation</p> <ol style="list-style-type: none"> 1. Overview of course objectives and competencies. 2. Overview of course requirements and expectations. 3. Overview of practice and game schedules. 4. Overview of policy and procedures.. 	<ol style="list-style-type: none"> A. Demonstrate an awareness of course objectives and competencies. B. Demonstrate and understanding of course requirements and student expectations. C. Understand which day and event individual is expected to attend. D. Parental and student signature of policy and procedures. 	<p>Anchor /CR</p> <p>1.0 2.2 2.3 3.1 3.2 CR 1,3</p>	<p>CTE MSMT</p> <p>B1.1-B1.5 B12.1- B12.3</p>	<p>CL</p> <p>5</p>	<p>CC</p> <p>N/A</p>
<p>2. Basic Anatomy and Physiology</p> <ol style="list-style-type: none"> 1. Medical terminology. 2. Intro anatomy 3. Basic tissue injuries 	<ol style="list-style-type: none"> A. Memorize and use appropriate medical terminology used in sports medicine. B. Demonstrate an understanding of the musculo-skeletal system's functions and the organs it contains. C. Describe and understand the anatomical position. D. Demonstrate and understand the planes of movement. 	<p>2.1-2.4 2.7 2.8 10.1 11.1 11.2 11.5 1.0 CR 2,5</p>	<p>B2.1-B2.4 B5.1-B5.7</p>	<p>20-30</p>	
<p>3. Protective Taping and equipment used in athletics.</p> <ul style="list-style-type: none"> • Wrist • Ankle • Thumb • Protective equipment used 	<ol style="list-style-type: none"> A. Demonstrate an understanding of the anatomy of the wrist, thumb and hand as it relates to protective taping procedures. B. Describe and demonstrate wrist, thumb, and ankle protective taping procedures. C. Demonstrate an understanding of the assessment of wrist, hand and ankle injuries. 	<p>2.2 2.3 5.1-5.4 7.2 1.0 11.1 11.2 11.5 CR 1,2,4,5,8, 12, 9 and 10</p>	<p>B2.1 B4.1 B4.5 B6.1-B6.6 B8.1 B12.1 B13.1</p>	<p>15-25</p>	<p>10</p>
<p>4. Understanding athletic related injuries to the lower extremity</p> <ol style="list-style-type: none"> 1. Foot, ankle and lower leg injuries. 2. Knee injuries <ul style="list-style-type: none"> • Anatomy of lower extremities. • Injuries to the lower extremities. • Rehabilitation Techniques 3. Hip, pelvic and thigh injuries. 	<ol style="list-style-type: none"> A. Demonstrate an understanding of the anatomy of the lower extremities. B. Describe the mechanism of injury to the lower extremities. C. Demonstrate an understanding of the assessment of lower extremity injuries and special tests used for hip/pelvis, knee and ankle. 	<p>2.2 2.3 5.1-5.4 7.2 11.1 11.2 11.5 1.0 CR 1,2,4,5,8,9 ,10 and 10</p>	<p>B2.1 B4.1 B4.5 B6.1-B6.6 B8.1 B12.1 B13.1</p>	<p>10-20</p>	<p>5</p>
<p>5. Understanding athletic related injuries to the upper extremity.</p> <ol style="list-style-type: none"> 1. Wrist and hand injuries <ul style="list-style-type: none"> • Anatomy of upper extremities. • Injuries to the upper extremities. • Rehabilitation Techniques 2. Shoulder injuries 3. Elbow injuries 	<ol style="list-style-type: none"> A. Demonstrate an understanding of the anatomy of the upper extremities. B. Describe the mechanism of injury to the upper extremities. C. Demonstrate an understanding of the assessment of upper extremity injuries and special tests used for shoulder, elbow, wrist and hand.. 	<p>2.2 2.3 5.1-5.4 7.2 11.1 11.2 11.5 1.0 CR 1,2,4,5,8,9 ,10 and 10</p>	<p>B2.1 B4.1 B4.5 B6.1-B6.6 B8.1 B12.1 B13.1</p>	<p>10-20</p>	<p>5</p>

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6. Practice management		Anchor/ CR	CTE	CL	CC
1. Taping, Hydration, field setup/removal of equipment 2. Assessment of injuries to aide sports medicine personnel (athletic trainers) 3. Repair player's protective equipment. 4. Blood/cuts/abrasions 5. Shadowing and observing the instructor in assessing and treatment of athletes.	A. Demonstrate proper procedures for taping, hydrating, field set-up and removal of equipment. B. Determine the scope of practice for athletic trainers and physical therapy aides. C. Discuss ethical situations that may occur in health care. D. Demonstrate proper procedures for blood, cuts and abrasions. E. Define confidentiality and how it is interpreted in sports medicine. F. Describe liability issues in sports medicine.	3.1 3.3-3.7 4.5 4.6 5.1-5.6 6.2-6.8 7.1-7.5 7.7 8.1-8.7 9.1-9.7 11.1 11.2 11.5 10.2 10.4 10.5 1.0 CR 1,2,4,5,8,9,10 and 12	B1.1 B1.2 B2.1-B2.4 B3.3. B4.1-B4.5 B6.1-B6.6 B9.1 B9.3 B9.5 B10.2-B10.7 1.0		
7. On site athletic event management 1. Taping, Hydration, field setup/removal of equipment 2. Assessment of injuries to aide sports medicine personnel (athletic trainers) 3. Repair players protective equipment, Blood/cuts/abrasions 4. Shadowing and observing the pt/ athletic trainer in assessing and treating athletics.	A. Demonstrate proper procedures for taping, hydrating and field set and removal of equipment. B. Determine the scope of practice for athletic trainers and physical therapy aides. C. Discuss ethical situations that may occur in health care. D. Demonstrate proper procedures for blood, cuts and abrasions. E. Define confidentiality and how it is interpreted in sports medicine. F. Describe liability issues in sports medicine.	3.3-3.7 4.5 4.6 5.1-5.6 6.2-6.8 7.1-7.5 7.7 8.1-8.7 9.1-9.7 10.2 10.4 10.5 11.1 11.2 11.5 CR 1,2,4,5,8,9,10 and 12	B.1. B1.2 B2.1-B2.4 B3.3 B4.1-B4.5 B6.1-B6.6 B9.1-B9.3 B9.5 B10.2 B10.7		
8. Pre/Post event game activities 1. Benefits of Exercise 2. Types of Exercise 3. Stretching 4. Icing 5. Taping 6. Taping removal	A. Define exercise and describe its benefits. B. List the various types of exercise and explain how they benefit the body; Isometric, Isotonic, Isokinetic, strength, endurance and power training.	5.1-5.4 6.4-6.6 8.1-8.4 9.2-9.7 10.2 1.0 11.1 11.2 CR 1,2,4,5,7,9,10,11, and 12	B2.1 B6.1-B6.3 B9.1-B9.6 B12.1- B12.4		

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<p>9. Communication</p> <p>1. Reporting information to the sports medicine professionals, coaches, administration</p> <p>2. Assessing injury and communicate to players visual and auditory</p>	<p>A. Demonstrate proper techniques in reporting information to the sports med pro, coaches and administration.</p> <p>B. Demonstrate proper injury assessment.</p> <p>C. Communicate with players both visually and auditory.</p>	<p>2.1-2.8 3.1'-3.6 5.1, 5.2 5.4 7.2-7.7 8.1-8.7 CR 1,2,5,6,7, 8,10 and 12</p>	<p>B1.1-B1.3 B6.1-B6.6 B7.1 B12.1-B12.4</p>	<p>15-25</p>	<p>5</p>
<p>10. Problem Solving</p> <p>1. Systematic approach</p> <p>2. Basis human needs.</p> <p>3. Ramifications</p>	<p>A. Know and understand basic human needs.</p> <p>B. Practice good patient rapport.</p> <p>C. Demonstrated good written and verbal communication skills.</p> <p>D. Discuss the aspects of sports psychology.</p> <p>E. Demonstrate the ability to work as a member of a team.</p> <p>F. Identify proper procedures for handling harassment.</p> <p>G. Demonstrate leadership skills by working independently, making appropriate decisions, working well with others, and accepting constructive criticism.</p> <p>H. Demonstrate the ability to accept and work with individuals from various cultures.</p>	<p>5.1-5.6 6.1-6.8 9.1-9.7 2.1-2.8 3.1-.32 1.0 CR 1,2,4,5,8, 9,10 and 12</p>	<p>B2.1-B2.4 B4.1 B4.5 B6.1-B6.6 B7.1 B11.4 B12.1-B12.4 B13.1-B13.6</p>	<p>10-15</p>	<p>3</p>
<p>11. Professional and administrative aspects of athletic training/sports med</p> <p>1. Athletic training as a profession.</p> <p>2. Administration and professional development.</p>	<p>A. Determine the scope of practice for athletic trainers and physical therapy aides.</p> <p>B. Discuss ethical situations that may occur in health care.</p> <p>C. Define confidentiality and how it is interpreted in sports medicine.</p> <p>D. Describe liability issues in sports medicine.</p> <p>E. Discuss the laws, which apply to sexual harassment & discuss tactics for handling harassment situations.</p> <p>F. Discuss the importance of the following personal skills in a business environment:</p> <p>a. Positive attitude</p> <p>b. Self-confidence</p> <p>c. Honesty</p> <p>d. Perseverance</p> <p>e. Self-discipline</p> <p>G. Define personal hygiene & identify acceptable business attire.</p> <p>H. Discuss the importance of lifelong learning.</p>	<p>Anchor/CR 1.0 3.1-3.9 4.1-4.5 5.1-5.6 6.1-6.8 7.1-7.7 8.1-8.7 9.1-9.6 11.5 CR 1,2,4,5,8, 9,10 and 12</p>	<p>CTE B2.1-B2.4 B4.1-B4.5 B6.1-B6.6 B7.1 B13.1-B13.6 B12.1-B12.4 B11.4</p>	<p>CL</p>	<p>CC</p>

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12. Mentoring 1. Second year students 2. Mentoring first year students 3. Leadership 4. Expectations 5. Organization and chain of command	A. Demonstrate understanding the characteristics and benefits of teamwork, leadership and citizenship B. Demonstrate how to organize and structure work individually and in teams for effective performance and attain goals C. Understand how to interact with others in ways that demonstrate respect for individuals and groups. D. Demonstrate the importance of accountability and responsibility. E. Demonstrate ability to adapt to varied roles and responsibilities.	1.0 2.1-2.5 5.1-5.4 6.8 7.1-7.4 7.7 9.1-9.7 11.1 11.2 CR 1,2,3,4,5, 7,8 and 11	B6.1-B6.6 B7.1 B7.2 B9.1-B9.5 B11.4 B12.1-B12.4		
13. Facilities Management 1. Training rooms management 2. Injury records 3. Supply management ordering / inventory	A. Describe maintenance procedures for a training room and clinic. B. Maintain injury records and patient files. C. Describe ordering supply management and inventory.	1.0 2.1 2.2 5.1 .54 6.1-6.8 7.4 7.6 8.1-8.7 9.1-9.4 11.1-11.3 CR 1,2,4,5,7, 8,9 and 12	B11.1-B11.4 B13.1 B12.1-B12.4	10-15	2
14. Providing emergency care 1. Planning for emergencies. 2. Primary and secondary procedures. 3. Environmental situations and injuries. 4. Stabilization and transportation of injured athletes. 5. Immediate and Temporary Care. 6. Assessment of vital signs.	A. Describe the principles of developing a crisis plan. B. Explain the difference between primary and secondary assessment. C. Explain the difference between signs and symptoms D. Describe and explain Environmental injuries and situations. E. Describe and demonstrate stabilization and transportation of injured athletes.	1.0 2.1 2.5 5.1-5.6 6.1 6.2 6.4 6.6 8.1-8.5 9.1-9.3 10.1 10.2 11.1 CR 1,2,4,5,7, 8,9 and 12	B1.1 B2.1-B2.4 B3.3 B4.1-B4.5 B5.1 B6.1-B6.6 B7.1-B7.4 B12.1	30-40	15
15. Rehabilitation and reconditioning of athletic related injuries 1. Rehabilitative Exercise <ul style="list-style-type: none"> • Principles of Rehabilitation • Manual Exercise • Mechanical Resistance 2. Patient assessment and treatment methods. 3. Psychology 4. Human circulatory and respiratory signs. 5. Evaluating vital signs of temperature, pulse, respiration and blood pressure. 6. Height and weight.	A. Describe exercise principles for rehabilitation. B. Explain and demonstrate manual exercise. C. Demonstrate examples of mechanical resistance. D. Demonstrate patient assessment and treatment methods. E. Demonstrate knowledge of the psychology of athletic related injuries.	Anchor/CR 1.0 2.1-2.5 5.1-5.3 6.6 7.4 8.1-8.4 10.4 11.1 11.2 CR 1,2,4,5,8, 9,12, and 10	CTE B2.1-B2.4 B4.1-B4.5 B6.1 B8.1-B8.5 B9.1-B9.6 B12.1	CL 10-15	CC 2

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16. Understanding athletic related injuries to the axial regions 1. Head injuries 2. Facial injuries 3. Throat and thorax injuries 4. Abdominal injuries 5. Spinal injuries	A. Demonstrate an understanding of the Axial regions. B. Describe the mechanism of injury to the axial regions. C. Name the rehabilitation techniques used for head, face throat, thoraxing abdominal and spinal injuries.	1.0 2.1 2.5 10.19.201 3 11.2 CR 1 and 2	B2.1 B2.4 B7.1 B8.1 CR 1 and 2	10-20	5
17. Other athletic conditions and concerns 1. Conditions and illness. 2. Communicable disease. 3. Common drugs used in athletics. 4. Nutrition and weight control <ul style="list-style-type: none"> • Essential nutrients. • Nutritional needs comparison. • Pre-competition nutrition. 	A. Demonstrate an understanding of conditions and illness. B. Demonstrate an understanding of communicable disease. C. Demonstrate knowledge and use of common drugs used in athletics. D. Demonstrate an understanding of the roles of essential nutrients in personal health. E. Compare patient versus athlete needs for nutrition. F. Discuss the type of nutrition needs prior to competition.	1.0 2.1-2.5 4.1 4.3 5.4 6.6 10.1 11.2 CR 1 and 2	B2.1-B2.4 B4.1-B4.4 B6.1-B6.3 B7.2 B9.1-B9.2	15-20	5