



Township of Ocean Schools

Assistant Superintendent
Office of Teaching and Learning

SPARTAN MISSION:

Meeting the needs of all students with a proud tradition of academic excellence.

DEPARTMENT Physical Education and Health

COURSE Introduction to Sports Medicine

Curriculum Development Timeline

School: Ocean Township High School

Course: Introduction to Sports Medicine

Department: Physical Education

Board Approval	Supervisor	Notes
March 2014	Mike Lambusta	Update Standards
August 2022	Patrick Sullivan	Alignment to New Standards and Incorporation of State Standards
August 2024	Patrick Sullivan	Updated to include New State Mandates
August 2025	Patrick Sullivan	Alignment to Standards and Revisions

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COURSE Introduction to Sports Medicine

Township of Ocean Pacing Guide			
Week	Marking Period 1	Week	Marking Period 3
1	Introduction to Sports Medicine	21	Injury Healing and Recovery
2	Sports Medicine Professions	22	The Ankle
3	Introduction to Anatomy and Physiology	23	The Ankle
4	Introduction to Anatomy and Physiology	24	The Ankle
5	Skeletal System	25	The Knee
6	Skeletal System	26	The Knee
7	Skeletal System	27	The Knee
8	Muscular System	28	The Shoulder
9	Muscular System	29	The Shoulder
10	Muscular System	30	The Shoulder
Week	Marking Period 2	Week	Marking Period 4
11	Circulatory System	31	The Elbow, Wrist, Hand
12	Respiratory System	32	The Elbow, Wrist, Hand
13	Responding to Emergencies	33	The Elbow, Wrist, Hand
14	Responding to Emergencies	34	The Hip, Abdomen, Thorax
15	Responding to Emergencies	35	The Hip, Abdomen, Thorax
16	Responding to Emergencies	36	The Hip, Abdomen, Thorax
17	Injury Healing and Recovery	37	The Head and Neck
18	Injury Healing and Recovery	38	The Head and Neck
19	Injury Healing and Recovery	39	The Head and Neck
20	Midterm Exams	40	Review and Final Exams

State Mandate Climate Change Week 9

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COURSE Introduction to Sports Medicine

Core Instructional & Supplemental Materials including various levels of Texts

- NATA Position Statements
- Red Cross First Aid/CPR/AED Manuals
- Principles of Athletic Training - William Prentice
- Basic Human Anatomy- Dean Vaughn
- Introduction to Sports Medicine Google Classroom
- Google Slides Topic Presentations
- Weekly Topic Quizzes on Google Forms
- Edpuzzle- Anatomy
- Crash Course Anatomy
- "Concussion" Based on a True Story

[NJ Climate Change Educational Resources*](#)

* NJ Climate Change Education

Time Frame	2 Weeks
Topic	
Introduction to Sports Medicine and Sports Medicine Professions	
Alignment to Standards	
2.2.12.LF.8: Identify personal and community resources to explore career options related to physical activity and health.	
Learning Objectives and Activities	
<u>Learning Objectives:</u> -What is sports medicine? -What are the 5 Domains of Sports medicine, and what tasks and responsibilities fall within each domain? -What professions are encompassed within the field of Sports Medicine? How do these professions work together to create the sports medicine team? <u>Learning Activities:</u> -Class discussion and creation of a definition of Sports Medicine -Work with a group to identify tasks within a domain of Sports Medicine -Identify various professions within "Sports Medicine" -Research and create a presentation on the Sports Medicine Profession and present to the class -Create examples of how different Sports Medicine Professions work together as a team	

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Assessments

Formative:

- Class Discussion on the definition of Sports Medicine, the Sports Medicine Team members, and how they work together
- Ability to identify tasks that fall into the domains of Sports Medicine while working with a group
- Ability to identify different Sports Medicine Professions
- Weekly Topic Quiz

Summative:

- Sports Medicine Profession Presentation

Benchmark:

- Opening Multiple Choice Benchmark
- Opening Written Benchmark

Alternative:

- Sports Profession Poster Project

Interdisciplinary Connections

RL.CR.9-10.1. Cite a range of thorough textual evidence and make clear and relevant connections to strongly support an analysis of multiple aspects of what a literary text says explicitly and inferentially, as well as interpretations of the text; this may include determining where the text leaves matters uncertain.

RI.CI.9-10.2. Determine one or more central ideas of an informational text and analyze how it is developed and refined throughout a text, including how it emerges and is shaped by specific details; provide an objective summary of the text.

Career Readiness, Life Literacies, and Key Skills

9.2.12.CAP.3: Investigate how continuing education contributes to one's career and personal growth.

9.2.12.CAP.7: Use online resources to examine licensing, certification, and credentialing requirements at the local, state, and national levels to maintain compliance with industry requirements in areas of career interest.

9.2.12.CAP.8: Determine job entrance criteria (e.g., education credentials,

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COURSE Introduction to Sports Medicine

math/writing/reading comprehension tests, drug tests) used by employers in various industry sectors.

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CI.2: Identify career pathways that highlight personal talents, skills, and abilities (e.g., 1.4.12prof.CR2b, 2.2.12.LF.8).

Technology Integration

Career Education

CRP7. Employ valid and reliable research strategies.

CRP10. Plan education and career paths aligned to personal goals.

CRP11. Use technology to enhance productivity.

Time Frame	2 Weeks
Topic	
Introduction to Anatomy and Physiology	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms. HS-LS1-3 Plan and investigate to provide evidence that feedback mechanisms maintain homeostasis.	
Learning Objectives and Activities	
Learning Objectives -How are the terms Anatomy, Physiology, and Homeostasis defined? -What are the 11 organ systems? -What are the structure and function of each of the 11 organ systems? -How do the 11 organ systems work together to maintain homeostasis? -What is directional terminology, and why is it important? -Understand the meaning of each of the directional terms -How are directional terms used in real-life situations?	

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COURSE Introduction to Sports Medicine

Learning Activities:

- Crash course video on A&P and discuss as a class
- Edpuzzle on Organ Systems
- Complete the Organ Systems Web and Chart and discuss
- Complete Edpuzzle on Directional Terms
- Complete diagram on Dochub of Directional Terms

Assessments

Formative:

- Class Discussion
- Ability to identify the Organ Systems and their function
- Ability to locate and use Directional Terms

Summative:

- Edpuzzles
- Completion of charts and diagrams
- Weekly Topic Quiz

Benchmark:

Alternative:

- "Coach Z Says" Game

Interdisciplinary Connections

L.VL.11-12.2. Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 11–12 reading and content, including technical meanings, choosing flexibly from a range of strategies.

W.WR.11–12.5. Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a)

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COURSE Introduction to Sports Medicine

Technology Integration

Career Education

CRP2. Apply appropriate academic and technical skills.
CRP8. Utilize critical thinking to make sense of problems and persevere in solving them
CRP11. Use technology to enhance productivity

Time Frame	6 Weeks
Topic	
Skeletal and Muscular Systems	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms.	
Learning Objectives and Activities	
<u>Learning Objectives</u> -What makes up the skeletal system? -What are the functions of the skeletal system? -What happens to a bone when excessive force is exerted on it? -How are bones connected, and what types of function do these connections allow? -What structures are found in joints, and what role do these structures play? -How can different types of joints move, and what are these types of movement called? -What makes up the muscular system? -What are the functions of the muscular system? -What muscles create different anatomical movements? -How do injuries occur to muscles, and what types of injuries are possible?	
<u>Learning Activities</u> -Introduce the Skeletal system by having students complete an Edpuzzle on the Skeletal System -Review anatomy, function, and characteristics of the skeletal system through presentation and class discussion -Complete a diagram on the skeletal system to check understanding -Complete bone identification lab	

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COURSE Introduction to Sports Medicine

- Lecture, take notes, and discuss types of fractures and how to identify them
- Introduce and define anatomical motions
- Lecture, take notes, and discuss different classifications of joints and what movement they allow
- Students will be responsible for making a video of a motion at a joint to present to the class
- Students will work with a group to create a music video that incorporates anatomical motions
- Students will take Practical Exam 1
- Students will complete Edpuzzle assignments to introduce and test their understanding of the basic muscular system
- The teacher will lecture, and students will take notes on the muscular system
- Students will become an "expert" on a specific muscle and present on that muscle
- Students will complete diagrams and charts to show their understanding of different muscle locations and components
- Students will take notes and participate in a class discussion on Injuries to Muscles

Assessments

Formative:

- Class Discussion
- Ability to identify and use Directional Terms
- The ability to identify where bones are located on the skeleton
- Ability to participate in class discussion about the location and action of Muscles

Summative:

- Edpuzzles
- Completion of charts and diagrams
- Ability to identify and classify bones in the lab
- Music Video assignment
- Practical Exam 1
- Weekly Topic Quizzes
- Muscle Presentation

Benchmark:

Alternative:

- "Coach Z Says" Game

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COURSE Introduction to Sports Medicine

Interdisciplinary Connections

L.VL.11-12.2. Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 11–12 reading and content, including technical meanings, choosing flexibly from a range of strategies.

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12prof.CR3.a).

Technology Integration

9.4.12.TL.1: Assess digital tools based on features such as accessibility options, capacities, and utility for accomplishing a specified task (e.g., W.11-12.6.).

Career Education

CRP6. Demonstrate creativity and innovation.

CRP11. Use technology to enhance productivity

CRP12. Work productively in teams while using cultural global competence.

2 Weeks

2 Weeks

Topic

Circulatory and Respiratory Systems

Alignment to Standards

HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms.

2.2.12.PF.1: Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, and emotional fitness through one's lifetime.

2.2.12.PF.5: Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities

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COURSE Introduction to Sports Medicine

Learning Objectives and Activities

Learning Objectives

- What makes up the circulatory system, and how does it function normally?
- What structures make up the Respiratory System, and how does it function normally?
- Techniques for monitoring the heart
- What happens in a diseased circulatory system? How can this affect athletes?
- How do asthma and other breathing conditions affect an athlete?
- How does the circulatory system react to exercise? What changes happen instantly and over time?

Learning Activities

- Introduce the Circulatory system by having students complete an Edpuzzle on Heart Anatomy and review as a class
- Students will complete a diagram on the structures of the heart and how blood runs through it
- Edpuzzle followed by a discussion on how the Heart responds to Exercise
- Practice taking a pulse and blood pressure
- Complete the Heart and Exercise Lab
- Review heart disease by completing an Edpuzzle
- Introduce the Respiratory system by having students complete an Edpuzzle on the Respiratory System and review as a class.
- Complete an online respiratory labeling activity.
- Edpuzzle on Asthma and how it affects the athlete

Assessments

Formative:

- Class Discussion
- Ability to identify components of the Circulatory System.
- Ability to identify different cardiac conditions
- Practicing accuracy in pulse taking and blood pressure
- Understanding of the Heart & Exercise Lab questions

Summative:

- Edpuzzles
- Completion of Heart and Respiratory diagrams
- Heart & Exercise Lab
- Weekly Topic Quiz

Benchmark:

Alternative:

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Interdisciplinary Connections

L.VL.11-12.2. Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 11–12 reading and content, including technical meanings, choosing flexibly from a range of strategies.

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

A.REI.C.6 Solve systems of linear equations algebraically (including using the elimination method) and graphically, focusing on pairs of linear equations in two variables.

Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

Technology Integration

9.4.12.TL.2: Generate data using formula-based calculations in a spreadsheet and draw conclusions about the data.

Career Education

CRP6. Demonstrate creativity and innovation.

CRP11. Use technology to enhance productivity

CRP12. Work productively in teams while using cultural global competence.

2 Weeks	4 Weeks
Topic	
Responding to Emergencies	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms. 2.2.12.MSC.4: Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.	

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COURSE Introduction to Sports Medicine

2.2.12.MSC.5: Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.

2.1.12.CHSS.5: Analyze a variety of health products and services based on cost, availability, accessibility, benefits, and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination, CPR/AED, life skills training, menstrual products).

2.1.12.CHSS.8: Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.

Learning Objectives and Activities

Learning Objectives

- What is CPR, and in what situations do we use it?
- Proficiency in performing CPR to the Red Cross Standards
- How do we prepare for emergencies?
- What is an Emergency Action Plan, why do we need them, and what do they include?
- What is First Aid and what types of situations require First Aid?
- Proficiency in performing First Aid to the Red Cross Standards
- How do we prepare for and prevent heat stroke in the spring/summer months?

Learning Activities

- Complete the online learning Red Cross CPR/AED Training as well as the hands-on skills course
- Watch a video and discuss what we need to be able to recognize emergencies
- Complete an Edpuzzle on Emergency Action Plans
- Key Components of an Emergency Action Plan research activity
- Create Your Emergency Action Plan for a facility of students' choice
- Complete the online learning Red Cross First Aid Training as well as the hands-on skills course
- Items in a med kit list and discussion
- First Aid Scenarios- What would you do to treat different injuries
- Discussion on heat stroke prevention and understanding of the tools and charts used to determine safe participation guidelines
- Final First Aid Project on a given topic

Assessments

Formative:

- Participation in class discussion
- Ability to perform CPR & First Aid Skills during class practice
- Items in a med kit

Summative:

- Edpuzzles

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COURSE Introduction to Sports Medicine

- CPR/AED/First Aid Skills Assessment
- Key Components of an Emergency Action Plan research project
- Create Your Emergency Action Plan
- Weekly Topic Quizzes
- First Aid Scenarios
- Final First Aid Project

Benchmark:

Alternative:

- Skills Practice

Interdisciplinary Connections

L.VL.11-12.2. Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 11–12 reading and content, including technical meanings, choosing flexibly from a range of strategies.

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

S.ID.A.1 Represent data with plots on the real number line (dot plots, histograms, and box plots).

Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

9.4.12.IML.1: Compare search browsers and recognize features that allow for filtering of information.

Technology Integration

Career Education

CRP1. Act as a responsible and contributing citizen and employee.

CRP7. Employ valid and reliable research strategies.

CRP11. Use technology to enhance productivity

CRP12. Work productively in teams while using cultural global competence.

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2 Weeks	4 Weeks
Topic	
Injury Healing and Recovery	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms. 2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social, and emotional life. 2.1.12.EH.1: Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle. 2.1.12.EH.2: Analyze factors that influence the emotional and social impact of mental health illness on the family. 2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.	
Learning Objectives and Activities	
<u>Learning Objectives</u> -How does the body heal? -What are the phases of healing, and what happens in each phase? -How does nutrition affect healing? What can we put in our bodies to help the healing process? -What is a Therapeutic Modality? -What are the different Therapeutic Modalities? What effects do they have on the healing process? -What are the contraindications/precautions when using specific modalities? -What roles does a rehabilitation program play in tissue healing? -What components should be included when creating a rehabilitation program? -What are the goals of a rehabilitation program? <u>Learning Activities</u> -Edpuzzles on Phases of healing followed by discussion -Watch "Nutrition for Injury Recovery" on YouTube, answer questions, and discuss as a class -Create a presentation of a specific Therapeutic Modality and present to the class -Therapeutic Modality Labs 1 & 2- practice applying and noting sensations experienced of ice, heat, massage, estim, ultrasound -Note taking and an in-class discussion on rehabilitation and what types of exercises are used for different injuries and goals.	

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COURSE Introduction to Sports Medicine

-Create your rehab program for a specific injury

Assessments

Formative:

- Participation in class discussion
- Participation in the Therapeutic Modality Labs and completion of discussion questions
- Classifying rehab exercises into components

Summative:

- Edpuzzles
- Nutrition for Injury Recovery
- Therapeutic Modality Presentation
- Create Your Own Rehab Program
- Weekly Topic Quizzes

Benchmark:

Alternative:

- Skills Practice

Interdisciplinary Connections

L.VL.11-12.2. Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 11–12 reading and content, including technical meanings, choosing flexibly from a range of strategies.

RL.MF.11-12.6. Synthesize complex information across multiple sources and formats to develop ideas, resolve conflicting information, or develop an interpretation that goes beyond explicit text information (e.g., express a personal point of view, new interpretation of the author's message).

RI.MF.11-12.6. Synthesize complex information across multiple sources and formats to develop ideas, resolve conflicting information, or develop an interpretation that goes beyond explicit text information

W.WR.11–12.5. Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

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Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

9.4.12.IML.1: Compare search browsers and recognize features that allow for filtering of information.

Technology Integration

Career Education

CRP1. Act as a responsible and contributing citizen and employee.

CRP7. Employ valid and reliable research strategies.

CRP12. Work productively in teams while using cultural global competence.

Time Frame	2 Weeks
Topic	
The Ankle	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms. 2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life. 2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.	
Learning Objectives and Activities	
Learning Objectives -What structures make up the ankle, and how do they function? -How do we palpate different anatomical structures of the ankle? -How do we evaluate the ankle after injury? What specific tests do we use for the ankle? -What injuries can occur to the ankle? How are these injuries treated?	

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- What rehab exercises can we use specifically for the ankle?
- What are some basic tape jobs we can use to support the foot/ankle? How are these applied?

Learning Activities

- Watch "Intro to Ankle Anatomy" video and answer questions
- Class discussion and note taking on the anatomy of the ankle
- Completion of a diagram of ankle anatomy
- Practice ankle palpations and complete the "Ankle Anatomy Lab" with a partner
- Class discussion and note taking on the evaluation process for the ankle
- Completion of a mini presentation on an assigned ankle injury and presentation of the injury
- Completion of "Ankle Evaluation Scenarios"
- Final Ankle project on a foot/ankle injury of students choosing
- Evaluated by taking the Ankle Practical Exam
- Practice different ankle tape jobs on a partner

Assessments

Formative:

- Participation in class discussion
- "Intro to Ankle Anatomy" video & questions
- Ankle Diagram
- Participation in Ankle Anatomy Lab
- Participation in Ankle Taping Lab

Summative:

- Ankle Anatomy Lab Questions
- Ankle Injury Mini Presentation
- Ankle Evaluation Scenarios
- Ankle Practical Exam
- Final Ankle Project
- Weekly Topic Quizzes

Benchmark:

Alternative:

- Palpation & Taping Practice

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Interdisciplinary Connections

L.VL.11-12.2. Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 11–12 reading and content, including technical meanings, choosing flexibly from a range of strategies.

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

9.4.12.IML.1: Compare search browsers and recognize features that allow for filtering of information.

Technology Integration

Career Education

CRP4. Communicate clearly and effectively and with reason.

CRP7. Employ valid and reliable research strategies.

CRP12. Work productively in teams while using cultural global competence.

Time Frame	4 Weeks
Topic	
The Ankle and The Knee	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms. 2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life. 2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.	

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COURSE Introduction to Sports Medicine

Learning Objectives and Activities

Learning Objectives

- What structures make up the knee, and how do they function?
- How do we palpate different anatomical structures of the knee?
- How do we evaluate the knee after injury? What specific tests do we use for the knee?
- What injuries can occur to the knee? How are these injuries treated?
- What rehab exercises can we use specifically for the knee?

Learning Activities

- Watch "Intro to Knee Anatomy" video and answer questions
- Class discussion and note taking on the anatomy of the knee
- Completion of a diagram of knee anatomy
- Practice knee palpations and complete the "Knee Anatomy Lab" with a partner
- Class discussion and note taking on the evaluation process for the knee
- Completion of a mini presentation on an assigned knee injury and presentation of the injury
- Completion of "Knee Evaluation Scenarios"
- Final Knee project on a knee/thigh injury of students choosing
- Evaluated by taking the Knee Practical Exam

Assessments

Formative:

- Participation in class discussion
- "Intro to Knee Anatomy" video & questions
- Knee Diagram
- Participation in Knee Anatomy Lab

Summative:

- Knee Anatomy Lab Questions
- Knee Injury Mini Presentation
- Knee Evaluation Scenarios
- Knee Practical Exam
- Final Knee Project
- Weekly Topic Quizzes

Benchmark:

Alternative:

- Palpation Practice

Interdisciplinary Connections

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DEPARTMENT Physical Education and Health

COURSE Introduction to Sports Medicine

L.VL.11-12.2. Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 11–12 reading and content, including technical meanings, choosing flexibly from a range of strategies.

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

9.4.12.IML.1: Compare search browsers and recognize features that allow for filtering of information.

Technology Integration

Career Education

CRP4. Communicate clearly and effectively and with reason.

CRP7. Employ valid and reliable research strategies.

CRP12. Work productively in teams while using cultural global competence.

Time Frame	3 Weeks
Topic	
The Shoulder	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms. 2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life. 2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.	
Learning Objectives and Activities	

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COURSE Introduction to Sports Medicine

Learning Objectives

- What structures make up the shoulder, and how do they function?
- How do we palpate different anatomical structures of the shoulder?
- How do we evaluate the shoulder after injury? What specific tests do we use for the shoulder?
- What injuries can occur to the shoulder? How are these injuries treated?
- What rehab exercises can we use specifically for the shoulder?

Learning Activities

- Watch "Intro to Shoulder Anatomy" video and answer questions
- Class discussion and note taking on the anatomy of the shoulder
- Completion of a diagram of shoulder anatomy
- Practice shoulder palpations and complete the "Shoulder Anatomy Lab" with a partner
- Class discussion and note taking on the evaluation process for the shoulder
- Completion of a mini presentation on an assigned shoulder injury and presentation of the injury
- Completion of "Shoulder Evaluation Scenarios"
- Final Shoulder project on a shoulder injury of students choosing
- Evaluated by taking the Shoulder Practical Exam

Assessments

Formative:

- Participation in class discussion
- "Intro to Shoulder Anatomy" video & questions
- Shoulder Diagram
- Participation in Shoulder Anatomy Lab

Summative:

- Shoulder Anatomy Lab Questions
- Shoulder Injury Mini Presentation
- Shoulder Evaluation Scenarios
- Shoulder Practical Exam
- Final Shoulder Project
- Weekly Topic Quizzes

Benchmark:

Alternative:

- Palpation Practice

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COURSE Introduction to Sports Medicine

Interdisciplinary Connections

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Career Readiness, Life Literacies, and Key Skills

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9.4.12.IML.1: Compare search browsers and recognize features that allow for filtering of information.

Technology Integration

Career Education

CRP4. Communicate clearly and effectively and with reason.

CRP7. Employ valid and reliable research strategies.

CRP12. Work productively in teams while using cultural global competence.

Time Frame	3 Weeks
Topic	
The Shoulder and Elbow, Wrist, Hand	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms. 2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life. 2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.	

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COURSE Introduction to Sports Medicine

Learning Objectives and Activities

Learning Objectives

- What structures make up the elbow/wrist/hand, and how do they function?
- How do we palpate different anatomical structures of the elbow/wrist/hand?
- How do we evaluate the elbow/wrist/hand after injury? What specific tests do we use for the elbow/wrist/hand?
- What injuries can occur to the elbow/wrist/hand? How are these injuries treated?
- What rehab exercises can we use specifically for the elbow/wrist/hand?

Learning Activities

- Watch "Intro to Elbow, Wrist, Hand Anatomy" video and answer questions
- Class discussion and note taking on the anatomy of the elbow/wrist/hand
- Completion of a diagram of elbow/wrist/hand anatomy
- Practice elbow/wrist/hand palpations and complete the "Elbow, Wrist, Hand Anatomy Lab" with a partner
- Class discussion and note taking on the evaluation process for the elbow/wrist/hand
- Completion of a mini presentation on an assigned elbow/wrist/hand injury and presentation of the injury
- Completion of "Elbow, Wrist, Hand Evaluation Scenarios"
- Final Elbow/Wrist/Hand project on a shoulder injury of students choosing
- Evaluated by taking the Elbow/Wrist/Hand Practical Exam

Assessments

Formative:

- Participation in class discussion
- "Intro to Elbow, Wrist, Hand Anatomy" video & questions
- Elbow, Wrist, Hand Diagram
- Participation in Elbow, Wrist, Hand Anatomy Lab

Summative:

- Elbow, Wrist, Hand Anatomy Lab Questions
- Elbow, Wrist, Hand Injury Mini Presentation
- Elbow, Wrist, Hand Evaluation Scenarios
- Elbow, Wrist, Hand Practical Exam
- Final Elbow, Wrist, Hand Project
- Weekly Topic Quizzes

Benchmark:

Alternative:

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COURSE Introduction to Sports Medicine

- Palpation Practice

Interdisciplinary Connections

L.VL.11-12.2. Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 11–12 reading and content, including technical meanings, choosing flexibly from a range of strategies.

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

9.4.12.IML.1: Compare search browsers and recognize features that allow for filtering of information.

Technology Integration

Career Education

CRP4. Communicate clearly and effectively and with reason.

CRP7. Employ valid and reliable research strategies.

CRP12. Work productively in teams while using cultural global competence.

Time Frame	3 Weeks
Topic	
The Hip, Abdomen, Thorax	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms. 2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional	

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COURSE Introduction to Sports Medicine

life.

2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

Learning Objectives and Activities

Learning Objectives

- What structures make up the hip, and how do they function?
- What injuries can occur to the hip? How are these injuries treated?
- What role does flexibility play in preventing injuries to the hip/back?
- What structures make up the abdomen/thorax, and how do they function?
- What injuries can occur to the abdomen/thorax? How are these injuries treated?

Learning Activities

- Class discussion and note taking on hip anatomy and injuries.
- Completion of the Hip Flexibility Lab
- Class discussion and note taking on abdomen/thorax anatomy and injuries.
- Completion of a partner project and presentation to the class on a famous athlete's abdomen/thorax injury

Assessments

Formative:

- Participation in class discussion
- Hip Flexibility Lab

Summative:

- Thorax/Abdomen Professional Athlete Injury Presentation
- Weekly Topic Quizzes

Benchmark:

Alternative:

Interdisciplinary Connections

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g.,

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COURSE Introduction to Sports Medicine

1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

Technology Integration

Career Education

CRP5. Consider the environmental, social, and economic impacts of decisions.

CRP7. Employ valid and reliable research strategies.

CRP12. Work productively in teams while using cultural global competence.

Time Frame	3 Weeks
Topic	
The Head and Neck	
Alignment to Standards	
HS-LS1-2 Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms. 2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life. 2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.	
Learning Objectives and Activities	
<u>Learning Objectives</u> -What structures make up the head/neck, and how do they function? -What injuries can occur to the head/neck? How are these injuries treated? -What is a concussion? How can we prevent them? -What legislation exists regarding head injury, and how does that guide the treatment of concussions? How has it changed over time? <u>Learning Activities</u> -Class discussion and note taking on head/neck anatomy and injuries. -Discussion about what a concussion is, what symptoms are, and how we evaluate for them.	

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COURSE Introduction to Sports Medicine

- Completion of the SCAT5 Assessment tool with a partner
- Watch "Heads up Concussion" Video and discuss how we can better prevent concussions
- Watch the "Concussion" movie and discuss

Assessments

Formative:

- Participation in class discussion
- SCAT5 Assessment Tool

Summative:

- Weekly Topic Quizzes

Benchmark:

Alternative:

Interdisciplinary Connections

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

Career Readiness, Life Literacies, and Key Skills

9.4.12.Cl.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

Technology Integration

Career Education

CRP1. Act as a responsible and contributing citizen and employee.
CRP5. Consider the environmental, social, and economic impacts of decisions.
CRP12. Work productively in teams while using cultural global competence.

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COURSE Introduction to Sports Medicine

Modifications (ELL, Special Education, At-Risk Students, Gifted & Talented, & 504 Plans)

ELL:

- Work toward longer passages as skills in English increase
- Use visuals
- Introduce key vocabulary before the lesson
- Teacher models reading aloud daily
- Provide peer tutoring
- Use of Bilingual Dictionary
- Guided notes and/or scaffold outline for written assignments
- Provide students with English Learner-level readers.

Supports for Students With IEPs:

- Allow extra time to complete assignments or tests
- Guided notes and/or scaffold outline for written assignments
- Work in a small group
- Allow answers to be given orally or dictated
- Use large print books, Braille, or books on CD (digital text)
- Follow all IEP modifications

At-Risk Students:

- Guided notes and/or scaffold outline for written assignments
- Introduce key vocabulary before the lesson
- Work in a small group
- Lesson taught again using a differentiated approach
- Allow answers to be given orally or dictated
- Use visuals / Anchor Charts
- Leveled texts according to ability

Gifted and Talented:

- Create an enhanced set of introductory activities (e.g., advance organizers, concept maps, concept puzzles)
- Provide options, alternatives, and choices to differentiate and broaden the curriculum
- Organize and offer flexible small group learning activities
- Provide whole group enrichment explorations
- Teach cognitive and methodological skills
- Use center, stations, or contracts
- Organize integrated problem-solving simulations

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COURSE Introduction to Sports Medicine

- Propose interest-based extension activities
- Expose students to texts beyond level texts.

Supports for Students With 504 Plans:

- Follow all the 504 plan modifications
- Text-to-speech/audio-recorded selections
- Amplification system as needed
- Leveled texts according to ability
- Fine motor skill stations embedded in rotation as needed
- Modified or constrained spelling word lists
- Provide anchor charts with high-frequency words and phonemic patterns

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