

Davison Community Schools Sports Medicine

Course Outline

Unit 1: Sports Medicine Team/Athletic trainer as an Health Care Provider

- NATA- National Athletic Trainers Association
- ASMI- American Sports Medicine Institute
- Domains and Tasks of Athletic Training
- Career Research & related careers in Sports Medicine

Unit 2: Health Care Organization/Administration in Athletic Training

- Organization and Administration of Athletic Training
- Clinic Design Project

Unit 3: Injury Prevention

- Conditioning and Training Techniques
- ROM (Flexibility), Anaerobic (Strength) Training and Aerobic (Cardiovascular) Training
- Nutrition
- Protective equipment

Unit 4: Mechanisms of Injuries and Musculoskeletal & Nerve Trauma

- Mechanism that cause Injury (Tissue Loading)
- Skin Injuries
- Skeletal System and Synovial Joints
- Injuries of the Skeletal System and Moveable Joints
- Muscular System and Synovial Joints
- Injuries of the Muscular system and Synovial Joints

Unit 5: Common Sports Injuries

- General Anatomy and Terminology
- Initial Response to Injuries
- Assessment/Diagnosis and Evaluation of Injuries

Unit 6: Sports Psychology

- Clinical Evaluation Exercises

Priority Standards

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| 4.3 | Career Decision Making. |
| 4.31 | Research levels of education, credentialing requirements, and employment trends in health professions. |
| 4.32 | Distinguish differences among careers within health science pathways. |
| 1.1 | Human Anatomy & Physiology. |
| 1.12 | Identify body planes and directional terms. |
| 1.13 | Analyze basic structures and functions of human body systems (skeletal, muscular, integumentary). |
| 1.2 | Diseases and Disorders. |

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| 1.21 | Describe common diseases and disorders of each body system (etiology, pathology, diagnosis, treatment, prevention). |
| 2.2 | Medical terminology. |
| 2.21 | Use common roots, prefixes, and suffixes to communicate information. |