Alabama CTE

# Sports Medicine II: High School

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| Foundational Standards | 1 | Incorporate safety procedures in handling, operating, and maintaining tools and machinery; handling materials; utilizing personal protective equipment; maintaining a safe work area; and handling hazardous materials and forces. F.1 |
| | 2 | Demonstrate effective workplace and employability skills, including communication, awareness of diversity, positive work ethic, problem-solving, time management, and teamwork. F.2 |
| | 3 | Explore the range of careers available in the field and investigate their educational requirements and demonstrate job-seeking skills including resume-writing and interviewing. F.3 |
| | 4 | Advocate and practice safe, legal, responsible, and ethical use of information and technology tools specific to the industry pathway. F.4 |
| | 5 | Participate in a Career and Technical Student Organization (CTSO) to increase knowledge and skills and to enhance leadership and teamwork. F.5 |
| | 6 | Demonstrate effective infection control techniques as defined by the Centers for Disease Control and Prevention (CDC) and The Joint Commission guidelines. F.6 |
| Pharmacology | 1 | Summarize the differences between over-the-counter and prescription medications. 1 |
| | 2 | Explain the classifications of common medications and indicate how they are commonly used in sports medicine. 2 |
| | 3 | Identify and explain safety guidelines for using medications commonly utilized in sports medicine. 3 |
| | 4 | Research and share information about recreational and performance-enhancing drugs and explain problems associated with using drugs to enhance athletic performance. |
| Kinesiology | 5 | Explain how knowledge of kinesiology and body systems is utilized in sports medicine. 5 |

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| | 6. Describe the articular skeletal system and explain the motion of joints during body movements, including measurable degrees of active and passive movement. 6 |
| | 7 Explain the differences between open and closed kinetic chains and how they relate to the articular system. 7 |
| | 8 Describe the cardio-pulmonary system including cardiac conduction, monitoring methods, and implications with athletics. 8 |
| Injury Assessment | 9 Identify and explain the components of injury assessment, including inspection, palpation, vital signs, and injury history. 9 |
| | 10 Utilize the History-Observation-Palpation-Special Test (HOPS), History-Inspection-Palpation-Special Test (HIPS) evaluation tool to create a clear and effective subjective, objective, assessment, and plan (SOAP) note. 10 |
| | 11 Demonstrate techniques used to assess injuries. 11 |
| | 12 Describe the three basic types of bleeding and the recommended care for each type. 12 |
| | 13 Differentiate among types of shock, indicating symptoms and treatment for each type. 13 |
| Bones and Soft Tissue | 14 Explain the difference between the axial and the appendicular skeleton and how each bone group facilitates body movement and function in athletes. 14 |
| | 15 Describe the classifications and degrees of fractures. 15 |
| | 16 Contrast the functions, locations, and cellular makeup of skeletal, smooth, and cardiac muscles. 16 |
| | 17 Explain common causes of soft tissue injuries in athletes and indicate appropriate treatment methods. 17 |
| | 18 Identify symptoms of nervous system injuries and describe appropriate treatment approaches depending on the severity of injuries. 18 |
| | 19 Describe each phase of the healing process for injuries to bones and soft tissues, including changes on the cellular level. 19 |
| Upper and Lower Extremity Injuries | 20 Identify the bony anatomy, muscular structures, and vascular structure of the upper and lower extremities. 20 |
| | 21 Simulate passive range of motion (PROM) and active range of motion (AROM) tests to the extremities, explaining procedures as they are performed. 21 |

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| | 22 **Explain how to assess the strength of extremities using manual muscle tests (MMT).** 22 |
| | 23 **Describe the prevention, treatment, and rehabilitation of common injuries to the upper and lower body.** 23 |
| **Head, Facial, Spinal, Nerve, Thoracic and Abdominal Injuries** | 24 **Identify the anatomy of the head, face, spine, nerves, thorax, and abdomen.** 24 |
| | 25 **Demonstrate assessment of cranial nerves, spinal nerves, and injuries to head, face, thorax, and abdomen.** 25 |
| | 26 **Describe common sports injuries to the head, face, spine, nerves, thorax, and abdomen.** 26 |
| | 27 **Demonstrate a systematic process for evaluating head and facial injuries, including concussions.** 27 |
| | 28 **Describe the roles sports medicine professionals play in the prevention, treatment, and rehabilitation of injuries to the head, face, spine, nerves, thorax, and abdomen.** 28 |
| **Special Considerations in Sports Medicine** | 29 **Describe signs, symptoms, and treatment of bacterial, fungal, and viral skin infections.** 29 |
| | 30 **Describe signs, symptoms, and treatment of hyperglycemia and hypoglycemia, including diabetic coma.** 30 |
| | 31 **Describe common cardiac conditions and explain how they influence physical reactions in athletes.** 31 |
| | 32 **Outline the appropriate actions to take when an athlete has a seizure.** 32 |
| | 33 **Explain the importance of psychology in sports medicine.** 33 |
| | 34 **Explain how environmental conditions may have a negative effect on athletic performance and outline ways to avoid injuries or physical problems related to weather.** 34 |
| **Project-Based Learning Experience** | 35 **Create and present a culminating project utilizing a sports medicine case study related to injury prevention, treatment, rehabilitation, and/or management of an athlete.** 35 |