

# Sports Medicine 1

## Essentials Program

### CIP: 310505 5555: 9-12

#### Academic Foundation **AF**

- 1 Identify major bones and muscle groups **AF.1**
- 2 Differentiate between various types of body tissues (muscle, bone, tendon, ligament, cartilage) **AF.2**
- 3 Differentiate between common types of acute and chronic injuries (sprains, strains, fractures, tendonitis, etc) **AF.3**
- 4 Differentiate between various stretching techniques **AF.4**

#### Communication **C**

- 1 Identify athletic training room forms such as treatment logs, rehab records, emergency information cards and consent forms **C.1**

#### Employability Skills **ES**

- 1 Demonstrate basic professional standards as they apply to hygiene, dress, language, confidentiality and behavior. **ES.1**
- 2 Identify personal traits or attitudes desirable in a member of the career ready healthcare team **ES.2**

#### Legal Responsibilities **LR**

- 1 Recognize and explain the differences in HIPAA and FERPA **1**

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#### Safety Practices **SP**

- 1 Identify various blood borne pathogens **1**
- 2 Practice infection control procedures based on standard precautions (OSHA/CDC) **2**
- 3 Explain personal safety practices to include hygiene, sanitation, body mechanics and ergonomics. **3**

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**4 Identify the components of a venue specific emergency action plan. 4**

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**Teamwork T**

**1 Identify the members and roles of the sports medicine team 1**

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**Health Maintenance HM**

**1 Discuss nutritional concerns of athletes including hydration, types of diet, nutritional and performance enhancing supplements and pre/post game meal considerations. 1**

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**2 Describe the significance of health screenings and examinations (pre-participation exams) 2**

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**3 Identify practices that promote prevention of disease and injury through education 3**

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**4 Explain the relationships between poor body mechanics and potential for injury 4**

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**5 Discuss complementary and alternative health care practices. 5**

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**Technical Skills TS**

**1 Demonstrate basic first aid skills 1**

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**2 Demonstrate CPR and AED use 2**

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**3 Observe, measure, record and evaluate vital signs 3**

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**4 Recognize basic terminology of taping, padding and wrapping procedures. 4**

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