

# Sports Medicine 2 (2025)

**Foundation Standard 1:**  
**Academic Foundation**  
Understand human anatomy, physiology, common diseases and disorders, and medical math principles. **FS 1**

- 1 Describe general injury causations and/or mechanisms. 1**

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- 2 Describe tissue's physiological responses to injury. 2**

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- 3 Describe the physiology of pain. 3**

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- 4 Describe and explain the phases of the soft-tissue and bony healing processes. 4**

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- 5 Describe the general medical conditions and injuries of the following body systems, which affect or are common to athletic participation: cardiovascular, respiratory, muscular, skeletal, nervous, gastrointestinal, excretory, reproductive, endocrine, and integumentary (skin). 5**

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- 6 Describe the components of the evaluation process, such as history, observation, palpation, and special tests. 6**

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- 7 Describe the appropriate assessment, care, and rehabilitation of the following areas: 7**
  - a ankle/foot **A**
  - b knee **B**
  - c hip/pelvis **C**
  - d thorax/abdomen **D**
  - e head/spine/face **E**
  - f shoulder **F**
  - g elbow **G**
  - h wrist/hand **H**

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- 8 Describe the process of dealing with catastrophic injury and death in athletics. 8**

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- 9 Describe the phases of a rehabilitation program. 9**

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**10 Describe the indications and contraindications of common therapeutic modalities, including:** 10

- a cryotherapy A
- b thermotherapy B
- c electrotherapy C
- d ultrasound D
- e intermittent compression E
- f therapeutic massage. F

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**11 Describe considerations for treating injuries in various stages of the healing process.** 11

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**Foundation Standard 2: Communications**  
**Demonstrate methods of delivering and obtaining information, while communicating effectively.** FS 2

**1 Demonstrate obtaining pertinent patient information:** 1

- a demographics A
- b medical history B
- c injury history C
- d progress D

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**2 Create an injury report using the SOAP Note (Subjective, Objective, Assessment, Plan) format.** 2

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**3 Demonstrate use of forms such as treatment logs, rehabilitation records, emergency information cards, and consent forms.** 3

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**5 Demonstrate elements of written and electronic communication:** 4

- a spelling A
- b grammar B
- c formatting C
- d confidentiality D

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**5 Engage in active listening and demonstrate comprehension of verbal instructions, requests, and other information to verify accuracy.** 5

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**Foundation Standard 4:  
Employability Skills Use  
employability skills to  
enhance employment  
opportunities and job  
satisfaction** FS 4

- 1 Initiate components of a personal portfolio to potentially include:** 1
  - a resume A
  - b cover letter B
  - c sample projects C
  - d writing sample D
  - e work-based learning documentation E
  - f oral reports, service learning F
  - g community service G
  - h certifications or credentials H
  - i technology skills I
  - j leadership experience J
  - k student and/or professional organization memberships or recognitions etc. K

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**2 Develop a job description for a sports medicine related career.** 2

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**Foundation Standard 5:  
Legal Responsibilities  
Describe legal  
responsibilities,  
limitations, and  
implications on  
healthcare worker  
actions.** FS 5

- 1 Identify duties of sports medicine providers according to regulations, policies, laws, and legislated rights of patients.** 1

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- 2 Compare and contrast the scope of practice among regulated healthcare professionals, students, and other individuals.** 2

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- 3 Apply procedures for proper documentation and storage of medical records.** 3

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- 4 Explain the laws governing harassment, labor, and employment.** 4

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- 5 Understand Title IX and how it relates to equity in sports.** 5

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- 6 Review the “Good Samaritan Law” and how it relates to lay persons vs. licensed medical professionals** 6

**Foundation Standard 6:  
Ethics (Located in SM  
1)** FS 6

**6 Foundation Standard 6: Ethics (Located in SM 1)** FS 6

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**Foundation Standard 7:  
Safety Practices Identify  
existing and potential  
hazards to clients, co-  
workers, and self.  
Employ safe work  
practices and follow  
health and safety  
policies and procedures**

- 1 Apply principles of personal safety practices to include** 1
  - a hygiene A
  - b sanitation B
  - c body mechanics C
  - d ergonomics D

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- 2 Explain the importance of appropriate sports medicine and athletic facility inspections and maintenance** 2

to prevent injury and illness. FS 7

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**3 Demonstrate appropriate use of infectious disease control measures as established by the Occupational Safety and Health Administration (OSHA) and the Center for Disease Control (CDC).** 3

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**Foundation Standard 8: Teamwork Identify roles and responsibilities of individual members as part of the healthcare team.** FS 8

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**1 Demonstrate effective collaboration as members of an interdisciplinary team.** 1

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**2 Recognize characteristics of effective teams.** 2

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**3 Discuss methods for building positive team relationships.** 3

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**4 Act responsibly as a team member.** 4

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**Foundation Standard 9: Health Maintenance Practices Differentiate between wellness and disease. Promote disease prevention and model healthy behaviors.** FS 9

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**1 Explore the use of therapeutic drugs in sports medicine.** 1

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**2 Describe the difference between over the counter and prescription medications and their uses.** 2

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**3 Discuss the different classifications of common medications.** 3

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**4 Identify safety guidelines associated with proper medication use including:** 4

a storage A

b indications B

c contraindications C

d side-effects e. interactions D

e interactions E

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**Foundation Standard 10: Technical Skills Apply and demonstrate technical skills and knowledge as appropriate while participating as an athletic training student aide or work-based learning student, under the supervision of a sports medicine professional.** FS 10

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**1 Demonstrate the ability to fit crutches.** 1

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**2 Instruct the proper use of crutches in three-point and four-point gaits.** 2

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**3 Observe, measure, record, and evaluate vital signs including normal ranges for:** 3

a temperature A

b skin color B

c pulse C

d respiration D

e level of consciousness E

f blood pressure F

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**4 Demonstrate appropriate stretching techniques to improve musculoskeletal flexibility.** 4

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**5 Demonstrate basic taping and wrapping skills for the prevention of common musculoskeletal injuries.** 5

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- 6 Demonstrate specific joint motions (elbow flexion, ankle inversion, etc.)** 6

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  - 7 Locate anatomical landmarks (olecranon process, lateral malleolus, etc.) common to sports injuries.** 7

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  - 8 Demonstrate using various splinting materials and devices used in a sports medicine setting.** 8

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  - 9 Demonstrate appropriate components of care for the spine-injured athlete.** 9

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  - 10 Identify various rehabilitation techniques, goals, and strategies.** 10

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  - 11 Demonstrate Healthcare Basic Life Support CPR/AED.** 11
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**Foundation Standard 11:  
Information Technology  
Applications Apply  
information technology  
applications common  
across health  
professions.** FS 11

- 1 Evaluate the validity of information from web-based resources.** 1

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- 2 Use computer applications to create pertinent sports medicine forms and/or presentations.** 2

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- 3 Identify various uses of technology in injury evaluation and tracking.** 3

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- 4 Demonstrate the use of basic computer operations and file organization.** 4

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- 5 Discuss the use of appropriate email, social, and educational media.** 5