

Sports Medicine – Scope and Sequence

Course Name	Sports Medicine	Course = 1 Carnegie Unit Credit
Course Description	This course provides students with a general overview of the field of sports medicine. It includes introductory information about careers; scope of practice; legal and ethical responsibilities; injury prevention, treatment, and management; anatomy and physiology; nutrition; basic taping and wrapping techniques, and administrative functions.	
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all competencies are covered. Please contact your local community college partner for credit options available.	
Schedule:	Schedule calculation based on 120 contact hours. 60% of instruction time should be geared in meeting the course competencies in the scope and sequence. The remaining 40% of the instructional time allows for guest speakers, student presentations, field trips, remediation, or other content topics.	

All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at <https://www.cde.state.co.us/standardsandinstruction/essentialskills>
 Additional resource: [National Health Science Standards](#); [NATA Secondary Schools Curriculum](#)

Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment	Competency / Outcomes
Investigating the Field of Sports Medicine			1. Describe the historical foundations of athletic training.
			2. Compare and contrast various professional organizations dedicated to athletic training and sports medicine.
			3. Delineate the process for attaining national certification and state licensure for the athletic trainer.
			4. List and differentiate between the roles and responsibilities of other health care professionals who make up the sports medicine team (e.g., physicians, physical therapists, occupational therapists, nurses, EMTs, etc.).
			5. Analyze the different types of job opportunities and settings available to the athletic trainer as well as other members of the sports medicine team.
Understanding Concepts of			1. Investigate the necessary components that make up a well-designed sports medicine facility.

Health Care Administration			2. List budgetary concerns
			3. Explain the legal importance of accurate, clear and up-to-date record keeping.
			4. Create and analyze legal scenarios to consider as an administrator of an athletic health care facility in different settings.
			5. Explain the difference between HIPAA and FERPA in relation to sharing medical information.
Analyzing Legal, Ethical, and Insurance Considerations in Sports Medicine			1. List and define the 4 components of negligence.
			2. Analyze legal considerations for health care professionals.
			3. Compare and contrast legal concepts of liability, negligence, supervision, and assumption of risks.
			4. Differentiate between legal and ethical actions in a given scenario.
			5. Differentiate between different types of medical insurance and be able to explain various terms associated with third-party reimbursement.
			6. Determine the benefits of maintaining medical records to benefit the student-athletes.
			7. Discuss the importance of medical professionals obtaining National Provider Identifiers (NPIs)
Human Anatomy and Physiology: Basic Discussion on the Following Body Systems			1. Describe the organization of the human body in directional terms.
			2. Demonstrate the anatomical Position
			3. Identify body planes
			4. Use directional terms
			5. Identify basic structures and describe functions of the Integumentary, Skeletal, Muscular, Nervous and Endocrine systems
			6. Describe basic etiology, pathology, diagnosis, treatment, and prevention of diseases and disorders involving the integumentary, and skeletal. Muscular and nervous systems.
Understanding Basic Taping, Wrapping, and			1. List considerations to be given when properly fitting headgear.

Bracing for Injuries			2. Debate the advantages and disadvantages of customized versus commercial protective devices.
			3. Identify the types of marketed and fabricated bracing devices as well as techniques.
			4. Debate the advantages and disadvantages of taping versus bracing.
			5. Determine which elastic wraps and wrapping procedures are most appropriate for specific scenarios.
			6. Differentiate between different types of adhesive and cohesive tape, and determine what application is best for a specific scenario.
			7. Identify 4 basic tape applications and the rationale of each.
	Recognizing and Preventing the Spread of Blood Borne Pathogens;		
			2. Explain the OSHA bloodborne pathogen standard.
			3. Outline the components of a written exposure plan.
			4. Explain basic wound care procedures. <ul style="list-style-type: none"> • Possess and Perform the knowledge, skills, and abilities at the minimal competency level as determined by either the American Red Cross or the American Heart Association
Determining Appropriate Emergency Injury Management			1. Determine the components of an EAP.
			2. Investigate the acute injury management techniques.
			3. List and describe the signs and symptoms of a concussion and demonstrate the recognition of them.
			4. Explain the steps involved in performing CPR.
			5. Recognize the common causes of cardiopulmonary complications in sports.
Basic Fundamental Concepts of Evaluation			1. Illustrate the “anatomical position.”
			2. Differentiate between HOPS and SOAP.
			3. Differentiate between manual muscle testing and resistive range of motion testing.
			4. Examine cultural differences as it pertains to the manner in which an evaluation is conducted

Understanding the Basics of Training and Conditioning Techniques		1. Investigate the roles of the athletic trainer and the strength and conditioning coach on an athlete's fitness.
		2. Explain the principles of conditioning.
		3. Explain the role that overtraining plays in the risk of injury.
		4. Design goals of a training and conditioning program for a specific sport/position on a team.
		5. List the equipment needed for a comprehensive training and conditioning program.
		6. Differentiate between the types of stretching and determine which is best in a given scenario.
Identifying Basic Tissue Response and Common Injuries		1. Describe and illustrate the three phases of the healing process as it pertains to various soft tissue structures, including cartilage, ligament, muscle, tendon, and nerve.
		2. Explain the physiology and psychology of pain.
		3. Differentiate between sprains and strains, and differentiate between 1st, 2nd, and 3rd-degree injuries.
		4. Illustrate various types of fractures and explain the forces required to produce each one
		5. List the mechanical properties of tissue as they pertain to the stress-strain curve
		6. Illustrate and describe the 5 types of tissue loading.
		7. Explain the relationship between poor body mechanics and injury potential
Introduction to Rehabilitation and Modalities		1. List the safety procedures with each type of modality.
		2. Investigate the role of various rehabilitation professionals.
		3. Understand the five phases of rehabilitation
Basic Pharmacology		1. Describe the difference between over the counter medications and prescription medications.
		2. Discuss the different classifications of common medications.
		3. Identify safety guidelines associated with proper medication use.
		4. List socially used drugs and problems associated with athletics and performance.

Assessing Environmental Factors That Lead to Injury			1. Recognize atmospheric conditions that contribute to environmental injury.
			2. Explain the factors to be considered when caring for athletes.
			3. Determine an appropriate SPF for specific individuals.
			4. Explain the complications circadian dysrhythmia could have for various levels of athletes.
			5. Discuss the importance of an EAP and policy for thunder and lightning as it relates to athletics.
			6. Determine the risks associated with repeated overexposure to the sun.