Alabama CTE

Sports Medicine I: High School

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
	6	Demonstrate effective infection control techniques as defined by the Centers for Disease Control and Prevention (CDC) and The Joint Commission guidelines. F.6
	5	Participate in a Career and Technical Student Organization (CTSO) to increase knowledge and skills and to enhance leadership and teamwork. F.5
Basics of Sports Medicine	1	Outline the historical foundations and development of the sports medicine profession. 1
	2	Compare the purposes, membership, and activities of various professional organizations dedicated to sports medicine. 2
Legal and Ethical Considerations	3	Research and share information on legal requirements dealing with liability, negligence, supervision, and assumption of risks and on ethical concepts involving beneficence, justice, and honesty. 3
	4	Research and report on banned performance-enhancing substances. 4
Safety in Sports Medicine	5	Explain how atmospheric conditions can cause or contribute to environmental injury. 5
	6	Describe safety equipment that sports medicine providers utilize for various sports activities. 6
		Demonstrate effective methods of infection control in sports medicine settings. 7

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	8 **Create and present an Emergency Action Plan (EAP) for a given scenario in sports medicine.** 8 a Demonstrate the appropriate use of emergency equipment for an ill or injured athlete, including automated external defibrillator (AED), bag mask, cervical collar, and backboard. 8.A
Anatomy and Physiology	**9** **Identify basic body structures and explain the functions of the integumentary, skeletal, muscular, nervous, and endocrine systems.** 9
	10 **Describe common injuries and disorders of the integumentary, skeletal, muscular, and nervous systems related to participation in sports.** 10
Assessment and Evaluation of Sports Injuries	**11** **Contrast the goals and procedures of assessment, evaluation, and diagnosis of a sports injury.** 11
	12 **Differentiate between manual muscle testing and range of motion testing.** 12
	13 **Evaluate an athletic injury using a systematic approach, including primary and secondary injury surveys.** 13
	14 **Identify and explain two documentation methods utilized by sports medicine professionals.** 14
Sports Medicine Nutrition	**15** **Describe the six classes of nutrients (carbohydrates, lipids, proteins, vitamins, minerals, and water) and their primary functions.** 15
	16 **Identify and describe common nutritional deficiencies and the supplements used to combat them, and explain how supplements impact athletic performance.** 16
	17 **Assess body types and evaluate body composition using industry-approved assessment tools.** 17
	18 **Create a balanced meal plan to promote health and wellness in a given scenario, utilizing current federal dietary guidelines.** 18
Therapeutic Exercises and Rehabilitation	**19** **Explain the role of rehabilitation in the sports medicine field.** 19
	20 **Outline the general components, objectives, and phases of a rehabilitation plan.** 20
	21 **Contrast therapeutic exercise to physical conditioning exercise, including goals and procedures.** 21
	22 **Distinguish between aerobic and anaerobic exercise in rehabilitation and explain the importance of each type** 22

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	23 Describe types of strength training exercises and indicate what they are designed to accomplish as part of a rehabilitation plan. 23
	24 Explain the purpose and benefits of exercise dosage. 24
	25 Describe physical effects of prolonged inactivity and injury immobilization. 25
Therapeutic Physical Modalities	26 Explain the use and effectiveness of common physical modalities, including mechanical, thermal, and electrical. 26
Taping, Wrapping, Bracing, and Bandaging	27 Determine whether injuries should be taped, wrapped, or braced. 27
	28 Identify the materials and supplies utilized in taping, wrapping, and splinting for athletes and active individuals. 28
	29 Describe the purpose, types, and application of non-elastic and elastic adhesive tape. 29
	30 Perform basic wrapping procedures for various parts of the body. 30
	31 Match braces to injuries involving ankles, knees, shoulders, and wrists. 31
	32 Explain the advantages and disadvantages of taping and bracing. 32
	33 Describe the steps of application for a variety of bandages. 33
	34 Explain considerations for properly fitting protective sports equipment, including braces and padding. 34