

# Sports Medicine I: High School

<b>Foundational Standards</b>	<ol style="list-style-type: none"><li data-bbox="454 422 1511 556"><b>1</b> 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. <b>F.1</b></li><li data-bbox="454 577 1511 703"><b>2</b> Demonstrate effective workplace and employability skills, including communication, awareness of diversity, positive work ethic, problem-solving, time management, and teamwork. <b>F.2</b></li><li data-bbox="454 724 1511 850"><b>3</b> Explore the range of careers available in the field and investigate their educational requirements and demonstrate job-seeking skills including resume-writing and interviewing. <b>F.3</b></li><li data-bbox="454 871 1511 955"><b>4</b> Advocate and practice safe, legal, responsible, and ethical use of information and technology tools specific to the industry pathway <b>F.4</b></li><li data-bbox="454 976 1511 1060"><b>6</b> Demonstrate effective infection control techniques as defined by the Centers for Disease Control and Prevention (CDC) and The Joint Commission guidelines. <b>F.6</b></li><li data-bbox="454 1081 1511 1165"><b>5</b> Participate in a Career and Technical Student Organization (CTSO) to increase knowledge and skills and to enhance leadership and teamwork. <b>F.5</b></li></ol>
<b>Basics of Sports Medicine</b>	<ol style="list-style-type: none"><li data-bbox="454 1218 1511 1312"><b>1</b> Outline the historical foundations and development of the sports medicine profession. <b>1</b></li><li data-bbox="454 1333 1511 1417"><b>2</b> Compare the purposes, membership, and activities of various professional organizations dedicated to sports medicine. <b>2</b></li></ol>
<b>Legal and Ethical Considerations</b>	<ol style="list-style-type: none"><li data-bbox="454 1459 1511 1585"><b>3</b> 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. <b>3</b></li><li data-bbox="454 1606 1511 1648"><b>4</b> Research and report on banned performance-enhancing substances. <b>4</b></li></ol>
<b>Safety in Sports Medicine</b>	<ol style="list-style-type: none"><li data-bbox="454 1701 1511 1795"><b>5</b> Explain how atmospheric conditions can cause or contribute to environmental injury. <b>5</b></li><li data-bbox="454 1816 1511 1900"><b>6</b> Describe safety equipment that sports medicine providers utilize for various sports activities. <b>6</b></li><li data-bbox="454 1921 1511 1961"><b>7</b> Demonstrate effective methods of infection control in sports medicine settings. <b>7</b></li></ol>

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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
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**Anatomy and Physiology**

- 9 Identify basic body structures and explain the functions of the integumentary, skeletal, muscular, nervous, and endocrine systems. 9**
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- 10 Describe common injuries and disorders of the integumentary, skeletal, muscular, and nervous systems related to participation in sports. 10**
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**Assessment and Evaluation of Sports Injuries**

- 11 Contrast the goals and procedures of assessment, evaluation, and diagnosis of a sports injury. 11**
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- 12 Differentiate between manual muscle testing and range of motion testing. 12**
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- 13 Evaluate an athletic injury using a systematic approach, including primary and secondary injury surveys. 13**
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- 14 Identify and explain two documentation methods utilized by sports medicine professionals. 14**
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**Sports Medicine Nutrition**

- 15 Describe the six classes of nutrients (carbohydrates, lipids, proteins, vitamins, minerals, and water) and their primary functions. 15**
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- 16 Identify and describe common nutritional deficiencies and the supplements used to combat them, and explain how supplements impact athletic performance. 16**
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- 17 Assess body types and evaluate body composition using industry-approved assessment tools. 17**
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- 18 Create a balanced meal plan to promote health and wellness in a given scenario, utilizing current federal dietary guidelines. 18**
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**Therapeutic Exercises and Rehabilitation**

- 19 Explain the role of rehabilitation in the sports medicine field. 19**
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- 20 Outline the general components, objectives, and phases of a rehabilitation plan. 20**
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- 21 Contrast therapeutic exercise to physical conditioning exercise, including goals and procedures. 21**
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- 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**

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**24 Explain the purpose and benefits of exercise dosage. 24**

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**25 Describe physical effects of prolonged inactivity and injury immobilization. 25**

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**Therapeutic Physical Modalities**

**26 Explain the use and effectiveness of common physical modalities, including mechanical, thermal, and electrical. 26**

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**Taping, Wrapping, Bracing, and Bandaging**

**27 Determine whether injuries should be taped, wrapped, or braced. 27**

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**28 Identify the materials and supplies utilized in taping, wrapping, and splinting for athletes and active individuals. 28**

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**29 Describe the purpose, types, and application of non-elastic and elastic adhesive tape. 29**

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**30 Perform basic wrapping procedures for various parts of the body. 30**

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**31 Match braces to injuries involving ankles, knees, shoulders, and wrists. 31**

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**32 Explain the advantages and disadvantages of taping and bracing. 32**

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**33 Describe the steps of application for a variety of bandages. 33**

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**34 Explain considerations for properly fitting protective sports equipment, including braces and padding. 34**