Arkansas CTE

Sports Medicine Injury Assessment (2026)

Evaluation and Risk Mitigation Factors for Injuries 1

1 **Analyze the proper procedure for evaluating an injury.** 1.1

1. Explain the process of evaluating injuries using different methods. 1.1.1
2. Explain the process of documenting the injury using the subjective, objective, assessment, plan (SOAP) method. 1.1.2
3. Understand anatomical directions and body planes. 1.1.3

2 **Connect the risk mitigation strategies.** 1.2

1. Apply sports-specific protective equipment, taping, bracing, and padding. 1.2.1
2. Describe risk mitigation strategies in sports, including pre-participation examinations, monitoring environmental factors, and common mechanisms of injury. 1.2.2
3. Investigate common risk mitigation strategies, including neuromuscular, strengthening, and biomechanical programs. 1.2.3

Lower Body Injuries 2

1 **Analyze the components related to foot Injuries.** 2.1

1. Identify major anatomical and functional aspects of the foot. 2.1.1
2. Identify injuries and conditions of the foot. 2.1.2
3. Demonstrate the motions of a given joint in the foot. 2.1.3
4. Demonstrate the injury evaluation and special tests for the foot. 2.1.4
5. Design a rehabilitation management plan for specific injuries of the foot, including therapeutic modalities. 2.1.5

2 **Explore the components related to ankle and lower leg injuries.** 2.2

1. Identify major anatomical and functional aspects of the ankle and lower leg. 2.2.1
2. Identify injuries and conditions of the ankle and lower leg. 2.2.2
3. Demonstrate the motions of a given joint in the ankle and lower leg. 2.2.3
4. Demonstrate the injury evaluation and special tests for the ankle and lower leg. 2.2.4
5. Design rehabilitation management plans for specific injuries of the ankle and lower leg, including therapeutic modalities. 2.2.5

3 **Assess the components related to knee injuries.** 2.3

1 Identify major anatomical and functional aspects of the knee. 2.3.1

2 Identify injuries and conditions of the knee. 2.3.2

3 Demonstrate the motions of a given joint in the knee. 2.3.3

4 Demonstrate the injury evaluation and special tests for the knee. 2.3.4

5 Design rehabilitation management plans for specific injuries of the knee, including therapeutic modalities. 2.3.5

4 **Analyze the components related to the hip and thigh injuries.** 2.4

1 Identify major anatomical and functional aspects of the hip and thigh. 2.4.1

2 Identify injuries and conditions of the hip and thigh. 2.4.2

3 Demonstrate the motions of a given joint in the hip and thigh. 2.4.3

4 Demonstrate the injury evaluation and special tests for the hip and thigh. 2.4.4

5 Design rehabilitation management plans for specific injuries of the hip and thigh, including therapeutic modalities. 2.4.5

Upper Body Injuries 3

1 **Explore the components related to injuries to the shoulder area.** 3.1

1 Identify major anatomical and functional aspects of the shoulder. 3.1.1

2 Identify injuries and conditions of the shoulder. 3.1.2

3 Demonstrate the motions of a given joint in the shoulder 3.1.3

4 Demonstrate the injury evaluation and special tests for the shoulder. 3.1.4

5 Design rehabilitation management plans for specific injuries of the shoulder, including therapeutic modalities. 3.1.5

2 **Assess the components related to injuries to the elbow and forearm.** 3.2

1 Identify major anatomical and functional aspects of the elbow and forearm. 3.2.1

2 Identify injuries and conditions of the elbow and forearm. 3.2.2

3 Demonstrate the motions of a given joint in the elbow and forearm 3.2.3

4 Demonstrate the injury evaluation and special tests for the elbow and forearm. 3.2.4

5 Design rehabilitation management plans for specific injuries of the elbow and forearm, including therapeutic modalities. 3.2.5

3 **Analyze the components related to injuries to the wrist, hand, and fingers.** 3.3

1 Identify major anatomical and functional aspects of the wrist, hand, and fingers. 3.3.1

2 Identify injuries and conditions of the wrist, hand, and fingers. 3.3.2

3 Demonstrate the motions of a given joint in the wrist, hand, and fingers. 3.3.3

4 Demonstrate the injury evaluation and special tests for the wrist, hand, and fingers. 3.3.4

5 Design rehabilitation management plans for specific injuries of the wrist, hand, and fingers, including therapeutic modalities. 3.3.5

4 Assess the components related to injuries to the spinal cord. 3.4

1 Identify major anatomical and functional aspects of the spine. 3.4.1

2 Identify injuries and conditions of the spine. 3.4.2

3 Demonstrate the motions of a given joint in the spine. 3.4.3

4 Demonstrate the injury evaluation and special tests for the spine. 3.4.4

5 Demonstrate Spine stabilization and equipment removal techniques. 3.4.5

6 Design rehabilitation management plans for specific injuries of the spine, including therapeutic modalities. 3.4.6

Head, Face, and Throat Injuries 4

1 Explore the injuries related to the head area. 4.1

1 Identify major anatomical and functional aspects of the head, face, and throat. 4.1.1

2 Identify injuries and conditions of the head, face, and throat. 4.1.2

3 Demonstrate the motions of a given joint in the head, face, and throat. 4.1.3

4 Demonstrate the injury evaluation and special tests for the head, face, and throat. 4.1.4

2 Assess what types of injuries occur to the brain. 4.2

1 Identify the problems and disorders of the brain. 4.2.1

2 Understand signs and symptoms of concussions. 4.2.2

3 Demonstrate a basic concussion evaluation protocol. 4.2.3

4 Discuss return to play protocols. 4.2.4

Thorax and Abdomen Injuries 5

1 Explore what types of injuries and conditions that occur in the thorax and abdomen areas. 5.1

1 Identify major anatomical and functional aspects of the thorax and abdomen. 5.1.1

2 Identify injuries and conditions of the thorax and abdomen. 5.1.2

3 Demonstrate the injury evaluation and special tests for the thorax and abdomen. 5.1.3

4 Design rehabilitation management plans for specific injuries of the thorax and abdomen, including therapeutic modalities. 5.1.4

Skin Injuries 6

1 Assess injuries that occur to the skin. 6.1

1 Understand the structure and function of the skin. 6.1.1

2 Identify major lesions resulting from skin abnormalities studied in a variety of skin pigmentations. 6.1.2

4 Contrast allergic, chemical, and thermal skin reactions. 6.1.4

5 Detail the occurrence of trauma to the skin. 6.1.5

7 Compare and contrast skin conditions caused by various pathogens, and mitigation methods. 6.1.7

General Medical Conditions 7

1 Identify common general medical conditions. 7.1

1 Describe the signs and symptoms of respiratory distress. 7.1.1

2 Describe treatment plans for the management of asthma and other respiratory conditions. 7.1.2

3 Discuss the signs and symptoms, possible causes, and management procedures for diabetes mellitus. 7.1.3

4 Differentiate between and explain intervention procedures for eating disorders. 7.1.4

5 Investigate the causes of relative energy deficiency in sport (RED-S). 7.1.5

6 Describe the complications that can arise with blood disorders and athletics, and the basic emergency response (e.g., exertional sickling and rhabdomyolysis) 7.1.6

7 Discuss the causes of and differentiate between the types of meningitis and their symptoms. 7.1.7

8 Investigate the causes of seizures. 7.1.8

9 Describe communicable diseases, causes, treatment, and participation restrictions. 7.1.9

10 Perform basic lifesaving skills required for employment. 7.1.10