Arkansas CTE

Sports Medicine Injury Assessment: Grades 10, 11, 12

Adopted 2010

Evaluation

1.1 Define terminology

1. Prepare a list of terms with definitions 1.1.1

1.2 Explain the process of evaluating injuries using the HIPS method

1. Use the HIPS method to evaluate a given joint 1.2.1

1.3 Explain the process of documenting the progression of injuries using the SOAP method

1. Write a SOAP note for an injury scenario 1.3.1
2. Explain the role SOAP notes can play in instances of litigation 1.3.2

The Foot

2.1 Define terminology

1. Prepare a list of terms with definitions 2.1.1

2.2 Identify major anatomical and functional aspects of the foot

1. Demonstrate the motions of a given joint in the foot 2.2.1

2.3 Assess injuries of the ankle and lower leg

1. Palpate major bony and soft tissue structures of the foot 2.3.1
2. Demonstrate the injury evaluation process for the foot 2.3.2
3. Identify the anatomical structures that special tests of the foot evaluate 2.3.3
4. Design a rehabilitation management plan for specific injuries of the foot 2.3.4
5. Identify general medical considerations concerning the foot 2.3.5

The Ankle and Lower Leg

3.1 Define terminology

1. Prepare a list of terms with definitions 3.1.1

3.2 Identify major anatomical components of the ankle and lower leg

1. Palpate major bony and soft tissue structures of the ankle and lower leg 3.2.1

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Assess injuries of the ankle and lower leg

1. Demonstrate the injury evaluation process for the foot 3.3.1
2. Identify the anatomical structures that special tests of the ankle and lower leg evaluate 3.3.2
3. Design rehabilitation management plans for specific injuries of the ankle and lower leg 3.3.3
4. Identify general medical considerations concerning the ankle and lower leg 3.3.4

The Knee

4.1 Define terminology

1. Prepare a list of terms with definitions 4.1.1

4.2 Identify major anatomical components of the knee

1. Palpate major bony and soft tissue structures of the knee 4.2.1

4.3 Assess injuries of the knee

1. Demonstrate the injury evaluation process for the knee 4.3.1
2. Identify the anatomical structures that special tests of the knee evaluate 4.3.2
3. Design rehabilitation management plans for specific injuries of the knee 4.3.3
4. Identify general medical considerations concerning the knee 4.3.4

The Hip and Thigh

5.1 Define terminology

1. Prepare a list of terms with definitions 5.1.1

5.2 Identify major anatomical components of the hip and thigh

1. Palpate major bony and soft tissue structures of the hip and thigh 5.2.1

5.3 Assess injuries of the hip and thigh

1. Demonstrate the injury evaluation process for the hip and thigh 5.3.1
2. Identify the anatomical structures that special tests of the hip and thigh evaluate 5.3.2
3. Design rehabilitation management plans for specific injuries of the hip and thigh 5.3.3
4. Identify general medical considerations concerning the hip and thigh 5.3.4

The Shoulder

6.1 Define terminology

1. Prepare a list of terms with definitions 6.1.1

6.2 Identify major anatomical components of the shoulder

1. Palpate major bony and soft tissue structures of the shoulder 6.2.1

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Assess injuries of the shoulder

1. Demonstrate the injury evaluation process for the shoulder 6.3.1

2. Identify the anatomical structures that special tests of the shoulder evaluate 6.3.2
3. Design rehabilitation management plans for specific injuries of the shoulder 6.3.3
4. Identify general medical considerations concerning the shoulder 6.3.4

The Elbow and Forearm

7.1 Define terminology

1. Prepare a list of terms with definitions 7.1.1

7.2 Identify major anatomical components of the elbow and forearm

1. Palpate major bony and soft tissue structures of the elbow and forearm 7.2.1

7.3 Assess injuries of the elbow and forearm

1. Demonstrate the injury evaluation process for the elbow and forearm 7.3.1
2. Identify the anatomical structures that special tests of the elbow and forearm evaluate 7.3.2
3. Design rehabilitation management plans for specific injuries of the elbow and forearm 7.3.3
4. Identify general medical considerations concerning the elbow and forearm 7.3.4

Wrist, Hand, and Fingers

8.1 Define terminology

1. Prepare a list of terms with definitions 8.1.1

8.2 Identify major anatomical components of the wrist, hand, and fingers

1. Palpate major bony and soft tissue structures of the wrist, hand, and fingers 8.2.1

8.3 Assess injuries of the wrist, hand, and fingers

1. Demonstrate the injury evaluation process for the wrist, hand, and fingers 8.3.1
2. Identify the anatomical structures that special tests of the wrist, hand, and fingers 8.3.2
3. Design rehabilitation management plans for specific injuries of the wrist, hand, and fingers 8.3.3
4. Identify general medical considerations concerning the wrist, hand, and fingers 8.3.4

The Spine

9.1 Define terminology

1. Prepare a list of terms with definitions 9.1.1

Identify major anatomical components of the spine

1. Palpate major bony and soft tissue structures of the spine 9.2.1

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9.3 Assess injuries of the spine

1. Demonstrate the injury evaluation process for the spine 9.3.1
2. Identify the anatomical structures that special tests of the spine evaluate 9.3.2
3. Design rehabilitation management plans for specific injuries of the spine 9.3.3
4. Identify general medical considerations concerning the spine 9.3.4

Head, Face, Ear, Nose, and Throat

10.1 Define terminology

1. Prepare a list of terms with definitions 10.1.1

10.2 Identify major anatomical components of the head, face, ear, nose, and throat

1. Palpate major bony and soft tissue structures of the head, face, ear, nose, and throat 10.2.1

10.3 Assess injuries of the head, face, ear, nose, and throat

1. Demonstrate the injury evaluation process for the head, face, ear, nose, and throat 10.3.1
2. Identify the problems or disorders that special tests of the brain identify 10.3.2
3. Design rehabilitation management plans for specific injuries of the head, face, ear, nose, and throat 10.3.3
4. Identify general medical considerations concerning the head, face, ear, nose, and throat 10.3.4

The Thorax and Abdomen

11.1 Define terminology

1. Prepare a list of terms with definitions 11.1.1

11.2 Identify major anatomical components of the thorax and abdomen

1. Palpate major bony and soft tissue structures of the thorax and abdomen 11.2.1

11.3 Assess injuries of the thorax and abdomen

1. Demonstrate the injury evaluation process for the thorax and abdomen 11.3.1
2. Identify the anatomical structures that special tests of the thorax and abdomen evaluate 11.3.2
3. Design rehabilitation management plans for specific injuries of the thorax and abdomen 11.3.3
4. Identify general medical considerations concerning the thorax and abdomen 11.3.4

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1 Define terminology

1. Prepare a list of terms with definitions 12.1.1

12.2 Understand the structure and function of the skin

1. Detail the occurrence of trauma to the skin 12.2.1

12.3 Identify major lesions resulting from skin abnormalities

1. Recognize infectious skin conditions resulting from bacteria and viruses 12.3.1
2. Compare and contrast infestations and insect bites with viral and bacterial infections 12.3.2

12.4 Determine correct hygiene practices for the skin

1. Demonstrate proper hand washing techniques 12.4.1

12.5 Contrast allergic, chemical, and thermal skin reactions

1. Differentiate between the appearances and causes of these reactions 12.5.1

Common General Medical Conditions

13.1 Define terminology

1. Prepare a list of terms with definitions 13.1.1

13.2 Describe the signs and symptoms of respiratory distress

1. Explain the difference between bronchial Asthma and exercise induced asthma 13.2.1
2. Establish protocols for management of asthma and other respiratory conditions 13.2.2

13.3 Discuss the etiology, signs and symptoms, and possible causes of diabetes mellitus

1. Determine management procedures for diabetes mellitus related to sports 13.3.1
2. Contrast diabetic coma and diabetic shock 13.3.2

13.4 Discuss eating disorders

1. List the signs of bulimia and anorexia nervosa 13.4.1
2. Explain intervention procedures for bulimia and anorexia 13.4.2

13.5 Discuss childhood and adult obesity

1. Determine the health risk associated with excessive obesity 13.5.1
2. Describe possible methods to decrease obesity 13.5.2

13.6 Discuss meningitis

1. Differentiate between the types of meningitis and their symptoms 13.6.1

7 Discuss blood disorders

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1. Describe the complications that can arise with specific blood disorders and athletics 13.7.1
2. Compare and contrast the management strategies for specific disorders 13.7.2

13.8 Discuss seizures

1. Explain the causes of seizures 13.8.1
2. Describe the steps that must be taken to treat a patient having a seizure 13.8.2