South Carolina CTE

Sports Medicine 1 (2021): 9-12

Healthcare professionals will know the academic subject matter required for proficiency within their area. They will use this knowledge as needed in their role. The following accountability criteria are considered essential for students in a sports medicine program of study.

1 Define and discuss sports medicine and its development throughout history.

2 Identify the major bones and muscle groups of the body.

3 Describe strategies and importance of social support for the injured athlete.

4 Describe the healthcare provider's role in dealing with various psychological reactions, including appropriate referrals to specialists.

5 Describe the roles and responsibilities of ATSAs.

6 Differentiate between various types of body tissues (muscle, bone, tendon, ligament, cartilage, etc).

7 Differentiate between common types of acute and chronic injuries (sprains, strains, fractures, tendinitis, etc).

8 Discuss the mechanical properties of tissues and types of tissue loading.

9 Differentiate between various types of stretching techniques.

10 Describe principles of physical conditioning. 1

11 11. Explain the role of overtraining pertaining to risk of injury.

12 Apply mathematical computations related to sports medicine and healthcare procedures.

13 Utilize diagrams, charts, graphs, and tables related to healthcare. 14. Compare and contrast various splinting material and devices used in a sports medicine setting. 15. Identify appropriate components of care for the spine-injured athlete.

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