South Carolina CTE

Sports Medicine 1 (2021)

Academic Foundation: 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

1 **Define and discuss sports medicine and its development throughout history.** 1.1

2 **Identify the major bones and muscle groups of the body.** 1.2

3 **Differentiate between various types of body tissues** 1.3

- a muscle tissue 1.3.A
- b epithelial tissue 1.3.B
- c nervous tissue 1.3.C
- d connective tissue 1.3.D

4 **Identify and define the differences between:** 1.4

- a bone 1.4.A
- b tendon 1.4.B
- c ligament 1.4.C
- d cartilage 1.4.D
- e muscle 1.4.E

5 **Discuss the mechanical properties of tissues and types of tissue loading.** 1.5

6 **Apply mathematical computations related to sports medicine and healthcare procedures.** 1.6

7 **Utilize diagrams, charts, graphs, and tables related to healthcare.** 1.7

Communications: Healthcare professionals will know the various methods of giving and obtaining information. They will communicate effectively, both orally and in writing. 2

1 **Recognize appropriate oral and written communication with:** 2.1

- a coaches 2.1.A
- b team physicians 2.1.B
- c parents 2.1.C
- d athletes 2.1.D
- e school 2.1.E
- f athletic administrators 2.1.F
- g other healthcare professionals 2.1.G

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2 **Demonstrate elements of written and electronic communication (spelling, grammar, formatting, and confidentiality).** 2.2

3 **Demonstrate the use of presentation software and/or presentation techniques for communicating to audiences.** 2.3

4 **Identify athletic training room forms such as:** 2.4

- a treatment logs 2.4.A
- b rehabilitation records 2.4.B
- c emergency information cards 2.4.C
- d consent forms 2.4.D

5 **Use appropriate oral and written medical terminology within the scope of practice, to interpret, transcribe, and communicate information, data, and observations.** 2.5

6 **Apply speaking and active listening skills.** 2.6

7 **Interpret and model verbal and non-verbal communication.** 2.7

8 **Recognize and identify common barriers to communication, including:** 2.8

- a physical barriers 2.8.A
- b psychological barriers 2.8.B
- c interpretation of tone and attitude in written communications 2.8.C

9 **Describe strategies and importance of social support for the injured athlete.** 2.9

10 **Describe the healthcare provider's role in dealing with various psychological reactions, including appropriate referrals to specialists** 2.10

Systems Healthcare professionals will understand how their role fits into their department, their organization, and the overall healthcare environment. They will identify how key systems affect services they perform and quality of care. 3

1 **Describe the roles and responsibilities of athletic training student aides (ATSA's)** 3.1

2 **Discuss the general administrative management roles of sports medicine team members.** 3.2

3 **Understand an organizational chart.** 3.3

4 **Identify and comply with principles of the Chain of Command.** 3.4

5 **Identify and describe the components and functionality of a sports medicine facility.** 3.5

Em... He... pr...

1 **Explore potential pathways for careers in healthcare, including sports medicine ...aths.** 4.1

- a athletic training 4.1.A

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understand how employability skills enhance their employment opportunities and job satisfaction. They will demonstrate key employability skills and will maintain and upgrade skills as needed. 4

- b physical therapy and PT assistant 4.1.B
- c occupational therapy and OT assistant 4.1.C
- d radiology technician 4.1.D
- e physician assistant 4.1.E
- f physicians 4.1.F
- g exercise physiologist 4.1.G
- h registered dietician 4.1.H
- i sports psychologist 4.1.I

2 **Explain the educational process:** 4.2

- a levels of education 4.2.A
- b credentialing requirements 4.2.B
- c employment opportunities 4.2.C
- d workplace environments 4.2.D
- e professional development 4.2.E
- f career growth potential for a sports medicine career path. 4.2.F

3 **Compare and contrast various professional and student organizations related to sports medicine. (NATA, HOSA future health professionals, etc.)** 4.3

4 **Identify and discuss religious and cultural values as they impact healthcare** 4.4

- a ethnicity 4.4.A
- b race 4.4.B
- c religion 4.4.C
- d gender 4.4.D

5 **Demonstrate respectful and empathetic interactions and treatment of all patients/clients within a diverse population, such as customer service, patient satisfaction, civility, etc.** 4.5

6 **Demonstrate basic professional standards:** 4.6

- a hygiene 4.6.A
- b dress 4.6.B
- c language 4.6.C
- d confidentiality 4.6.D
- e behavior 4.6.E

7 **Identify personal traits or attitudes desirable in a member of the career ready healthcare team:** 4.7

- a acceptance of criticism 4.7.A

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- b competence 4.7.B
- c dependability 4.7.C
- d discretion 4.7.D
- e empathy 4.7.E
- f enthusiasm 4.7.F
- g honesty 4.7.G
- h initiative 4.7.H
- i patience 4.7.I
- j responsibility 4.7.J
- k self-motivation 4.7.K
- l tact 4.7.L
- m team player 4.7.M
- n willingness to learn 4.7.N

8 **Locate a job posting and identify its components:** 4.8

- a position description 4.8.A
- b employment type 4.8.B
- c qualification 4.8.C
- d salary & benefits 4.8.D
- e application procedures 4.8.E

9 **Demonstrate the process of obtaining employment by completing a job application.** 4.9

10 **Identify and apply appropriate strategies and considerations for the interview process.** 4.10

11 **Identify components of a personal portfolio to include** 4.11

- a resume 4.11.A
- b cover letter 4.11.B
- c sample projects 4.11.C
- d writing sample 4.11.D
- e work-based learning documentation 4.11.E
- f oral reports 4.11.F
- g service learning 4.11.G
- h community service 4.11.H
- i credentials 4.11.I
- j technology skills 4.11.J

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k leadership experience 4.11.K

l student and professional organizations' documentation and recognition, etc. 4.11.L

m professional and personal references 4.11.M

Legal Responsibilities: Healthcare professionals will understand the legal responsibilities, limitations, and implications of their actions within the healthcare delivery setting. They will perform their duties according to regulations, policies, laws, and legislated rights of clients. 5

1 **Identify legal responsibilities of a healthcare professional.** 5.1

2 **Recognize and explain the standards and differences of the Health Insurance Portability and Accountability Act (HIPPA) and the Federal Education Rights and Privacy Act (FERPA), and the importance of maintaining patient confidentiality.** 5.2

3 **Define:** 5.3

a malpractice 5.3.A

b liability 5.3.B

c negligence 5.3.C

d assumption of risk 5.3.D

e abandonment 5.3.E

f standard of care 5.3.F

g scope of practice 5.3.G

h confidentiality 5.3.H

i harassment 5.3.I

j informed consent 5.3.J

4 **Identify behaviors and practices that could result in malpractice, liability, and negligence.** 5.4

5 **Discuss Title IX and how it relates to equity in sports.** 5.5

6 **Describe the "Good Samaritan Law" and how it relates to student aides vs. certified athletic trainers or other licensed medical professionals.** 5.6

Ethics: Healthcare professionals will understand accepted ethical practices with respect to cultural, social, and ethnic differences within the healthcare environment. They will pe[illegible] he

1 **Identify codes of ethics for various sports medicine professionals.** 6.1

2 **Compare personal and professional ethics.** 6.2

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Safety Practices: Healthcare professionals will understand the existing and potential hazards to clients, coworkers, and self. They will prevent injury or illness through safe work practices and follow health and safety policies and procedures. 7

1. **Explain the importance of appropriate maintenance and inspection of player protective equipment.** 7.1
2. **Describe environmental risk factors associated with specific activities of the physically active.** 7.2
3. **Describe environmental safety considerations for participants in athletic facilities/venues.** 7.3
4. **Discuss the use of various devices and technologies identified in current research and position statements to determine unsafe environmental conditions.** 7.4
5. **Identify various blood borne pathogens.** 7.5
6. **Practice infection control procedures based on the use of standard precautions as established by the Occupational Safety and Health Administration (OSHA) and Centers for Disease Control (CDC).** 7.6
7. **Explain personal safety practices:** 7.7
   - a hygiene 7.7.A
   - b sanitation 7.7.B
   - c body mechanics 7.7.C
   - d ergonomics 7.7.D
8. **Identify and comply with safety signs, symbols, and labels.** 7.8
9. **Identify the components of a venue specific emergency action plan for athletic facilities.** 7.9
10. **Identify fire safety practices related to a sports medicine setting.** 7.10

Teamwork: Healthcare professionals will understand the roles and responsibilities of individual members as part of the healthcare team, including their ability to promote the delivery of quality healthcare. They will interact effectively and sensitively will all members of the healthcare team. 8

1. **Identify the members and roles of the sports medicine team.** 8.1
2. **Examine how sports medicine team members interact with each other.** 8.2
3. **Discuss attributes and attitudes of an effective leader.** 8.3
4. **Apply effective techniques for managing sports medicine team conflicts.** 8.4

He Pra Skip to main content **escribe current FDA nutritional recommendations.** 9.1

professionals will understand the fundamentals of wellness and the prevention of disease processes. They will practice preventive health behaviors among their clients. 9

2 **Identify basic nutrients including:** 9.2
- a carbohydrates 9.2.A
- b fats 9.2.B
- c proteins 9.2.C
- d vitamins 9.2.D
- e minerals 9.2.E
- f water 9.2.F

3 **Discuss nutritional concerns of the athlete such as:** 9.3
- a appropriate hydration 9.3.A
- b types of diets 9.3.B
- c nutritional and performance enhancing supplements 9.3.C
- d pre/post-game meal considerations. 9.3.D

4 **Differentiate between body weight and composition (body mass index -BMI), along with the factors influencing each.** 9.4

5 **Identify methods of calculating percent body fat and considerations associated with each.** 9.5

6 **Discuss how to measure body mass index (BMI) and how it is used to assess health risks.** 9.6

7 **Describe eating disorders, their management, and impact on athletic participation.** 9.7

8 **Describe the significance of health screenings and examinations (preparticipation exams).** 9.8

9 **Describe common medical conditions found during a pre-participation exam which may disqualify an athlete from participation.** 9.9

10 **Identify practices that promote prevention of disease and injury through education.** 9.10

11 **Explain the relationships between poor body mechanics and the potential for injury.** 9.11

12 **Discuss complementary and alternative health practices (ex: acupuncture, massage, chiropractic care, etc.)** 9.12

Technical Skills: He... pr... tec...

1 **Demonstrate basic first aid skills.** 10.1

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...emonstrate cardiopulmonary resuscitation (CPR) and automated external ...efibrillation (AED) skills. 10.2

for all career specialties. They will demonstrate skills and knowledge as appropriate. 10

3 **Demonstrate the ability to fit crutches.** 10.3

4 **Instruct the proper use of crutches in three-point and four-point gaits.** 10.4

5 **Observe, measure, record, and evaluate vital signs, including normal ranges for:** 10.5

- a temperature 10.5.A
- b skin color 10.5.B
- c pulse 10.5.C
- d respiration 10.5.D
- e level of consciousness 10.5.E
- f oxygen saturation 10.5.F
- g blood pressure 10.5.G

6 **Recognize and identify the signs and symptoms of:** 10.6

- a a concussion 10.6.A
- b heat illness 10.6.B
- c cardiac event 10.6.C
- d shock 10.6.D

7 **Perform measurement of height and weight.** 10.7

8 **Demonstrate use of the Snellen Eye Chart.** 10.8

9 **Identify basic terminology and components of:** 10.9

- a taping 10.9.A
- b wrapping 10.9.B
- c padding 10.9.C

10 **Differentiate between different types of adhesive and cohesive tape, wrapping, and padding materials. Determine their appropriate applications.** 10.10

11 **Differentiate between common types of acute and chronic injuries (sprains, strains, fractures, tendinitis, etc.)** 10.11

12 **Differentiate between various types of stretching techniques.** 10.12

13 **Describe principles of physical conditioning.** 10.13

14 **Explain the role of overtraining pertaining to risk of injury.** 10.14

Compare and contrast various splinting material and devices used in a sports medicine setting. 10.15

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	16 Identify appropriate components of care for the spine-injured athlete. 10.16
Information Technology: Applications Healthcare professionals will use information technology applications required within all career specialties. They will demonstrate use as appropriate to healthcare applications. 11	**1** Understand the use of technology in injury evaluation and tracking. 11.1
	2 Demonstrate use of basic computer procedures and file organization. 11.2
	3 Demonstrate appropriate use of email, social, and educational media. 11.3