South Carolina CTE

Sports Medicine 1 Essentials Program CIP: 310505 5555: 9-12

Academic Foundation AF	1	**Identify major bones and muscle groups** AF.1
	2	**Differentiate between various types of body tissues (muscle, bone, tendon, ligament, cartilage)** AF.2
	3	**Differentiate between common types of acute and chronic injuries (sprains, strains, fractures, tendonitis, etc)** AF.3
	4	**Differentiate between various stretching techniques** AF.4
Communication C	1	**Identify athletic training room forms such as treatment logs, rehab records, emergency information cards and consent forms** C.1
Employability Skills ES	1	**Demonstrate basic professional standards as they apply to hygiene, dress, language, confidentiality and behavior.** ES.1
	2	**Identify personal traits or attitudes desirable in a member of the career ready healthcare team** ES.2
Legal Responsibilities LR	1	**Recognize and explain the differences in HIPAA and FERPA** 1
This provides a basic understanding of the laws which those in sports medicine field interact with daily.	1	**This provides a basic understanding of the laws which those in sports medicine field interact with daily.**
Safety Practices SP	1	**Identify various blood borne pathogens** 1
	2	**Practice infection control procedures based on standard precautions (OSHA/CDC)** 2
	3	**xplain personal safety practices to include hygiene, sanitation, body mechanics nd ergonomics.** 3

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	4	Identify the components of a venue specific emergency action plan. 4
Teamwork T	1	Identify the members and roles of the sports medicine team 1
Health Maintenance HM	1	Discuss nutritional concerns of athletes including hydration, types of diet, nutritional and performance enhancing supplements and pre/post game meal considerations. 1
	2	Describe the significance of health screenings and examinations (pre-participation exams) 2
	3	Identify practices that promote prevention of disease and injury through education 3
	4	Explain the relationships between poor body mechanics and potential for injury 4
	5	Discuss complementary and alternative health care practices. 5
Technical Skills TS	1	Demonstrate basic first aid skills 1
	2	Demonstrate CPR and AED use 2
	3	Observe, measure, record and evaluate vital signs 3
	4	Recognize basic terminology of taping, padding and wrapping procedures. 4