South Carolina CTE

Sports Medicine 2 (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 **Describe general injury causations and/or mechanisms.** 1.1

2 **Describe tissue's physiological responses to injury.** 1.2

3 **Describe the physiology of pain.** 1.3

4 **Describe and explain the phases of the soft-tissue and bony healing processes.** 1.

5 **Describe the general medical conditions and injuries of the following body systems, which affect or are common to athletic participation: cardiovascular, respiratory, muscular, skeletal, nervous, gastrointestinal, excretory, reproductive, endocrine, and integumentary (skin).** 1.5

6 **Describe the components of the evaluation process, such as history, observation, palpation, and special tests.** 1.6

7 **Describe the appropriate assessment, care, and rehabilitation of the following areas:** 1.7

- a ankle 1.7.A
- b foot 1.7.B
- c lower leg 1.7.C
- d knee 1.7.D
- e thigh 1.7.E
- f hip 1.7.F
- g pelvis 1.7.G
- h thorax 1.7.H
- i abdomen 1.7.I
- j spine 1.7.J
- k head 1.7.K
- l face 1.7.L
- m neck 1.7.M
- n shoulder 1.7.N
- o upper arm 1.7.O
- p elbow 1.7.P

Skip to main content

q forearm 1.7.Q

r wrist 1.7.R

s hand 1.7.S

8 Describe the process of dealing with catastrophic injury and death in athletics. 1.8

9 Describe the phases of a rehabilitation program. 1.9

10 Describe the indications and contraindications of common therapeutic modalities, including: 1.10

a cryotherapy 1.10.A

b thermotherapy 1.10.B

c electrotherapy 1.10.C

d ultrasound 1.10.D

e traction 1.10.E

f intermittent compression 1.10.F

g therapeutic massage. 1.10.G

11 Describe considerations for treating injuries in various stages of the healing process. 1.11

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

1 Demonstrate obtaining pertinent patient information: 2.1

a demographics 2.1.A

b medical history 2.1.B

c injury history 2.1.C

d progress 2.1.D

2 Create an injury report using the SOAP Note (Subjective, Objective, Assessment, Plan) format. 2.2

3 Demonstrate use and location of athletic training room forms such as treatment logs, rehabilitation records, emergency information cards, and consent forms. 2.3

4 Demonstrate elements of written and electronic communication: 2.4

a spelling 2.4.A

b grammar 2.4.B

c formatting 2.4.C

d confidentiality 2.4.D

Skip to main content

ngage in active listening and demonstrate comprehension of verbal instructions, equests, and other information to verify accuracy. 2.5

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. **Analyze injury and athletic training room statistics.** 3.1
2. **Analyze differences in various healthcare payment methods.** 3.2
3. **Compare and contrast options within healthcare delivery systems, including:** 3.3
   - a financial considerations 3.3.A
   - b consumer responsibility 3.3.B
   - c facility capabilities 3.3.C
4. **Describe the budgeting and purchasing process for a sports medicine program.** 3.4

Employability Skills: Healthcare professionals will 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

1. **Initiate components of a personal portfolio to potentially include:** 4.1
   - a resume 4.1.A
   - b cover letter 4.1.B
   - c sample projects 4.1.C
   - d writing sample, 4.1.D
   - e work-based learning documentation 4.1.E
   - f oral reports, service learning 4.1.F
   - g community service 4.1.G
   - h certifications or credentials 4.1.H
   - i technology skills 4.1.I
   - j leadership experience 4.1.J
   - k student and/or professional organization memberships or recognitions etc. 4.1.K
2. **Develop a job description for a sports medicine related career.** 4.2
3. **Demonstrate basic professional standards as they apply to hygiene, dress, language, confidentiality, and behavior.** 4.3

Legal Responsibilities: Healthcare professionals will understand the legal responsibilities, limitations, and implications of their actions within the healthcare delivery setting. They will pe ac reg

Skip to main content

1. **Identify duties of sports medicine providers according to regulations, policies, laws, and legislated rights of patients.** 5.1
2. **Compare and contrast scope of practice among regulated healthcare professionals, students, and other individuals.** 5.
3. **Recognize and explain the standards and differences of the Health Insurance Portability and Accountability Act (HIPAA) and the Federal Education Rights and Privacy Act (FERPA), and the importance of maintaining patient confidentiality.** 5.3

pply procedures for proper documentation and storage of medical records. 5.4

laws, and legislated rights of clients. 5	**5** Explore a "Patient's Bill of Rights" and "Athlete's Bill of Rights." 5.5
	6 Explain the laws governing harassment, labor, and employment. 5.6
	7 Understand Title IX and how it relates to equity in sports. 5.7
	8 Review the "Good Samaritan Law" and how it relates to lay persons vs. licensed medical professionals. 5.8
Ethics: Healthcare professionals will understand accepted ethical practices with respect to cultural, social, and ethnic differences within the healthcare environment. They will perform quality healthcare delivery. 6	**1** Critique ethical, respectful, and empathetic behaviors throughout scenarios presented in class and lab activities. 6.1
	2 Identify responsible practices within the ethical framework of the sports medicine profession. 6.2
	3 Differentiate between ethical and legal issues and practices impacting sports medicine professionals. 6.3
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** Apply principles of personal safety practices to include 7.1 a hygiene 7.1.A b sanitation 7.1.B c body mechanics 7.1.C d ergonomics 7.1.D
	2 Explain the importance of appropriate sports medicine and athletic facility inspections and maintenance. 7.2
	3 Discuss the importance of appropriate inspections and maintenance of sports equipment. 7.3
	4 Demonstrate appropriate use of infectious disease control measures as established by the Occupational Safety and Health Administration (OSHA) and the Center for Disease Control (CDC). 7.4
Teamwork: Healthcare professionals will understand the roles and responsibilities of individual members as part of the healthcare team, including their ab[illegible] de he	**1** Demonstrate effective collaboration as members of an interdisciplinary team. 8.1
	2 Recognize characteristics of effective teams. 8.2
	3 Discuss methods for building positive team relationships. 8.3
	4 Act responsibly as a team member. 8.4

Skip to main content

interact effectively and sensitively will all members of the healthcare team. 8	
Health Maintenance Practices: Healthcare professionals will understand the fundamentals of wellness and the prevention of disease processes. They will practice preventive health behaviors among their clients. 9	**1** **Explore the use of therapeutic drugs in sports medicine.** 9.1 **2** **Describe the difference between over the counter and prescription medications.** 9.2 **3** **Discuss the different classifications of common medications.** 9.3 **4** **Identify safety guidelines associated with proper medication use** 9.4 a storage 9.4.A b indications 9.4.B c contraindications 9.4.C d side-effects 9.4.D e interactions 9.4.E **5** **List socially used drugs and problems associated with athletics and performance.** 9.5 **6** **Recognize drug and alcohol use, abuse, and treatment.** 9.6 **7** **Determine an appropriate SPF for specific individuals with prolonged repeated exposures to sun.** 9.7 **8** **Explain how the complications of circadian dysrhythmias could affect various levels of athletes.** 9.8
Technical Skills: Healthcare professionals will apply technical skills required for all career specialties. They will demonstrate skills and knowledge as appropriate. 10	**1** **Demonstrate the ability to fit crutches.** 10.1 **2** **Instruct the proper use of crutches in three-point and four-point gaits.** 10.2 **3** **Observe, measure, record, and evaluate vital signs including normal ranges for:** 10.3 a temperature 10.3.A b skin color 10.3.B c pulse 10.3.C d respiration 10.3.D e level of consciousness 10.3.E f blood pressure 10.3.F

Skip to main content

	4 Demonstrate appropriate stretching techniques to improve musculoskeletal flexibility. 10.4
	5 Demonstrate basic taping and wrapping skills for the prevention of common musculoskeletal injuries. 10.5
	6 Demonstrate specific joint motions (elbow flexion, ankle inversion, etc.) 10.6
	7 Locate anatomical landmarks (olecranon process, lateral malleolus, etc.) common to sports injuries through palpation of educational models or materials. 10.7
	8 Demonstrate using various splinting materials and devices used in a sports medicine setting. 10.8
	9 Demonstrate appropriate components of care for the spine-injured athlete. 10.9
	10 Identify various rehabilitation techniques, goals, and strategies. 10.10
	11 Demonstrate Healthcare Basic Life Support CPR/AED. 10.11
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 Evaluate the validity of information from web-based resources. 11.1
	2 Use computer applications to create pertinent sports medicine forms and/or presentations. 11.2
	3 Identify various uses of technology in injury evaluation and tracking. 11.3
	4 Demonstrate use of basic computer operations and file organization. 11.4
	5 Discuss the use of appropriate email, social, and educational media. 11.5