South Carolina CTE

# Sports Medicine 2 (2025)

**Foundation Standard 1: Academic Foundation Understand human anatomy, physiology, common diseases and disorders, and medical math principles.** FS 1

1. **Describe general injury causations and/or mechanisms.** 1
2. **Describe tissue's physiological responses to injury.** 2
3. **Describe the physiology of pain.** 3
4. **Describe and explain the phases of the soft-tissue and bony healing processes.** 4
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).** 5
6. **Describe the components of the evaluation process, such as history, observation, palpation, and special tests.** 6
7. **Describe the appropriate assessment, care, and rehabilitation of the following areas:** 7
    - a ankle/foot A
    - b knee B
    - c hip/pelvis C
    - d thorax/abdomen D
    - e head/spine/face E
    - f shoulder F
    - g elbow G
    - h wrist/hand H
8. **Describe the process of dealing with catastrophic injury and death in athletics.** 8
9. **Describe the phases of a rehabilitation program.** 9
10. **Describe the indications and contraindications of common therapeutic modalities, including:** 10
    - a cryotherapy A
    - b thermotherapy B
    - c electrotherapy C

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d ultrasound D

e intermittent compression E

f therapeutic massage. F

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

**Foundation Standard 2: Communications Demonstrate methods of delivering and obtaining information, while communicating effectively.** FS 2

**1 Demonstrate obtaining pertinent patient information:** 1

a demographics A

b medical history B

c injury history C

d progress D

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

**3 Demonstrate use of forms such as treatment logs, rehabilitation records, emergency information cards, and consent forms.** 3

**5 Demonstrate elements of written and electronic communication:** 4

a spelling A

b grammar B

c formatting C

d confidentiality D

**5 Engage in active listening and demonstrate comprehension of verbal instructions, requests, and other information to verify accuracy.** 5

**Foundation Standard 4: Employability Skills Use employability skills to enhance employment opportunities and job satisfaction** FS 4

**1 Initiate components of a personal portfolio to potentially include:** 1

a resume A

b cover letter B

c sample projects C

d writing sample D

e work-based learning documentation E

f oral reports, service learning F

g community service G

h certifications or credentials H

i technology skills I

leadership experience J

.. student and/or professional organization memberships or recognitions etc. K

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| | 2 **Develop a job description for a sports medicine related career.** 2 |
| **Foundation Standard 5: Legal Responsibilities Describe legal responsibilities, limitations, and implications on healthcare worker actions.** FS 5 | 1 **Identify duties of sports medicine providers according to regulations, policies, laws, and legislated rights of patients.** 1 |
| | 2 **Compare and contrast the scope of practice among regulated healthcare professionals, students, and other individuals.** 2 |
| | 3 **Apply procedures for proper documentation and storage of medical records.** 3 |
| | 4 **Explain the laws governing harassment, labor, and employment.** 4 |
| | 5 **Understand Title IX and how it relates to equity in sports.** 5 |
| | 6 **Review the "Good Samaritan Law" and how it relates to lay persons vs. licensed medical professionals** 6 |
| **Foundation Standard 6: Ethics (Located in SM 1)** FS 6 | 6 **Foundation Standard 6: Ethics (Located in SM 1)** FS 6 |
| **Foundation Standard 7: Safety Practices Identify existing and potential hazards to clients, co-workers, and self. Employ safe work practices and follow health and safety policies and procedures to prevent injury and illness.** FS 7 | 1 **Apply principles of personal safety practices to include** 1<br>a hygiene A<br>b sanitation B<br>c body mechanics C<br>d ergonomics D |
| | 2 **Explain the importance of appropriate sports medicine and athletic facility inspections and maintenance** 2 |
| | 3 **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).** 3 |
| **Foundation Standard 8: Teamwork Identify roles and responsibilities of individual members as part of the healthcare team.** FS 8 | 1 **Demonstrate effective collaboration as members of an interdisciplinary team.** 1 |
| | 2 **Recognize characteristics of effective teams.** 2 |
| | 3 **Discuss methods for building positive team relationships.** 3 |
| | 4 **Act responsibly as a team member.** 4 |
| **Foundation Standard 9: He[illegible] Pr[illegible] be[illegible]** | 1 **Explore the use of therapeutic drugs in sports medicine.** 1 |
| | **)escribe the difference between over the counter and prescription medications nd their uses.** 2 |

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| **disease. Promote disease prevention and model healthy behaviors.** FS 9 | **3 Discuss the different classifications of common medications.** 3<br>**4 Identify safety guidelines associated with proper medication use including:** 4<br>a storage A<br>b indications B<br>c contraindications C<br>d side-effects e. interactions D<br>e interactions E |
| **Foundation Standard 10: Technical Skills Apply and demonstrate technical skills and knowledge as appropriate while participating as an athletic training student aide or work-based learning student, under the supervision of a sports medicine professional.** FS 10 | **1 Demonstrate the ability to fit crutches.** 1<br>**2 Instruct the proper use of crutches in three-point and four-point gaits.** 2<br>**3 Observe, measure, record, and evaluate vital signs including normal ranges for:** 3<br>a temperature A<br>b skin color B<br>c pulse C<br>d respiration D<br>e level of consciousness E<br>f blood pressure F<br>**4 Demonstrate appropriate stretching techniques to improve musculoskeletal flexibility.** 4<br>**5 Demonstrate basic taping and wrapping skills for the prevention of common musculoskeletal injuries.** 5<br>**6 Demonstrate specific joint motions (elbow flexion, ankle inversion, etc.)** 6<br>**7 Locate anatomical landmarks (olecranon process, lateral malleolus, etc.) common to sports injuries.** 7<br>**8 Demonstrate using various splinting materials and devices used in a sports medicine setting.** 8<br>**9 Demonstrate appropriate components of care for the spine-injured athlete.** 9<br>**10 Identify various rehabilitation techniques, goals, and strategies.** 10<br>**11 Demonstrate Healthcare Basic Life Support CPR/AED.** 11 |
| **Foundation Standard 11: Inf Ap information technology** | **1 Evaluate the validity of information from web-based resources.** 1 |

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applications common across health professions. FS 11

2 Use computer applications to create pertinent sports medicine forms and/or presentations. 2

3 Identify various uses of technology in injury evaluation and tracking. 3

4 Demonstrate the use of basic computer operations and file organization. 4

5 Discuss the use of appropriate email, social, and educational media. 5