

# Sports Medicine 2

# Essentials Program

## CIP: 310505 5556: 9-12

### Academic Foundation AF

1. Describe general injury causations and/or mechanisms 1
2. Describe the phases of the soft tissue and bony healing processes. 2
3. Describe the components of the evaluation process, such as history, observation, palpation and special tests 3
4. Describe the appropriate assessment, care and rehabilitation of the following areas: ankle, knee, shoulder 4
5. Identify anatomical landmarks as it relates to injury evaluation 6 5
6. Describe the phases of a rehabilitation program 6
7. Identify various rehabilitation techniques, goals and strategies. 7
8. Describe considerations for treating injuries in various stages of the healing process. 8

### Communication C

1. Demonstrate obtaining pertinent patient information 1
2. Create an injury report using the SOAP note. 2

### Systems S

1. Describe the components and functionality of a sports medicine facility. 1

### Employability Skills ES

1. Demonstrate basic professional standards as they apply to hygiene, dress, language, confidentiality and behavior. 2

### Legal Responsibilities LR

1. Identify duties of sports medicine providers according to regulations, policies, laws and legislated rights of patients. 1

### Ethics E

1. Identify responsible practices within the ethical framework of the sports medicine profession. 1

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**2 2. Differentiate between ethical and legal issues and practices impact sports medicine professionals. 2**

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**Safety Practices SP**

**1 1. Apply principles of personal safety practices. 1**

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**2 2. Demonstrate appropriate use of infection control measures. 2**

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**Technical Skills TS**

**1 1. Observe, measure, record and evaluate vital signs 1**

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**2 2. Demonstrate basic taping and wrapping skills 2**

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**3 3. Demonstrate specific joint motions, stretching techniques and relate to anatomical landmarks. 3**

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