South Carolina CTE

Sports Medicine 3 (2021)

Academic Foundation: Understand human anatomy, physiology, common diseases and disorders, and medical math principles. 1	**1** Describe the various forms of documenting injuries including written and electronic forms. 1.1
	2 Identify the techniques of assessing injuries including obtaining medical histories and evaluating techniques. 1.2
	3 Identify forms of performing rehab for specific injuries. 1.3
	4 Describe the components of the sports psychology of injuries, including but not limited to, overtraining and burnout. 1.4
	5 Describe the benefits of various modalities and how they are utilized in sports medicine. 1.5
	6 Describe and demonstrate different “Return to Play” Protocols for various injuries. 1.6
	7 Describe the benefits of exercise on the body. 1.7
	8 Identify common chronic health conditions in athletes and how they affect performance. 1.8
Communications: Demonstrate methods of delivering and obtaining information, while communicating effectively 2	**1** Design injury reports, referral, rehab plan, and clearance forms, in order to appropriately communicate injury information with coaches, parents, team physicians, and other sports medicine professionals. 2.1
	2 Design athletic training room forms such as treatment logs, rehabilitation records, emergency information cards, and consent forms. 2.2
	3 Demonstrate elements of written and electronic communication (spelling, grammar, formatting, and confidentiality) to develop injury reports and daily coach’s injury reports. 2.3
Systems: Identify how key systems affect services performed and quality of care. 3	**1** Develop intervention strategies based on injury and athletic training room statistics. 3.1
	2 Develop educational materials to enable constituents to properly select and utilize medical insurance. 3.2
	3 Develop educational materials to encourage the proper selection of medical facilities and providers based on current conditions (ER, urgent care, family

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	physician, specialist, etc.). 3.3
	4 Analyze various healthcare payment methods and insurance claims. 3.
Employability Skills: Utilize employability skills to enhance employment opportunities and job satisfaction. 4	**1 Develop and expand 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 4.1.F g service learning 4.1.G h community service 4.1.H i credentials 4.1.I j technology skills 4.1.J k leadership experience 4.1.K l student and professional organizations documentation and recognition, etc. 4.1.L
	2 Develop a resume for the avenue in sports medicine you would like to pursue. 4.2
Legal Responsibilities: Describe legal responsibilities, limitations, and implications on healthcare worker actions. 5	**1 Identify work ethic necessary to work in the sports medicine field.** 5.1
	2 Compare and contrast scope of practice among: 5.2 a athletic training student aides 5.2.A b collegiate student athletic trainers 5.2.B c resident athletic trainers 5.2.C d certified athletic trainers 5.2.D
	3 Apply procedures for proper documentation and storage of medical records. 5.3
Ethics: Understand accepted ethical practices with respect to cultural, social, and ethnic differences within the healthcare environment. 6	**1 Critique ethical, respectful, and empathetic behaviors throughout scenarios presented in class and lab activities.** 6.1
	2 Differentiate between ethical and legal issues and practices impacting sports medicine professionals. Be able to identify the scenarios of: 6.2 a malpractice 6.2.A b malfeasance 6.2.B misfeasance 6.2.C nonfeasance 6.2.D

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	e gross negligence 6.2.E
	3 Define ways that athletic trainers and coaches can refrain from litigation. 6.3
	4 Differentiate between employer's liability insurance and personal liability insurance. 6.4
	5 Review laws as applicable to student athletic trainers such as Title IX, and the "Good Samaritan Law" 6.5
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. 7	**1 Develop an ergonomic plan for an industrial setting.** 7.1
	2 Explain the importance of appropriate sports medicine and athletic facility inspections and maintenance including but not limited to modality calibration. 7.2
	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) including but not limited to procedure of disposal of sharps and biohazard wastes. 7.3
	4 Review emergency equipment tools such as: the trainer's Angel (helmet removal tool) and lightening detectors. 7.4
Teamwork: Identify roles and responsibilities of individual members as part of the healthcare team. 8	**1 Define effective team member responsibilities for athletic training student aides.** 8.1
	2 Recognize the various job responsibilities within the sports medicine team and how those parts work together. 8.2
	3 Recognize methods for building positive team relationships. 8.3
	4 Develop a calendar of sporting events and assignments of each athletic training student aide. 8.4
Health Maintenance Practices: Differentiate between wellness and disease. Promote disease prevention and model healthy behaviors. 9	**1 Describe the use and delivery of therapeutic drugs in sports medicine and who is allowed to prescribe and dispense the medication.** 9.1
	2 Describe the difference between over the counter and prescription medications and the uses for each. 9.
	3 Review safety guidelines associated with proper medication use and how it affects an athlete and their performance. 9.3
	a storage 9.3.A
	b indications 9.3.B
	contraindications 9.3.C
	side-effects 9.3.D

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e interactions 9.3.E

4 **Define the social drugs misused by athletes and the importance of drug testing in athletics.** 9.4

5 **Recognize drug and alcohol use, abuse, and treatment protocols after an athlete tests positive.** 9.5

6 **Determine an appropriate SPF for specific individuals with prolonged repeated exposures to sun.** 9.6

7 **Explain how the complications of circadian dysrhythmias could affect various levels of athletes.** 9.7

Technical Skills: Apply technical skills required for all career specialties and demonstrate skills and knowledge as appropriate while participating as a student aide or intern, under the supervision of a sports medicine professional. 10

1 **Demonstrate proficiency in taking vital signs and communicating abnormal ranges to the athletic trainer or licensed physical/occupational therapist supervisor as needed while participating as a student intern or aide.** 10.1

2 **Apply appropriate stretching techniques to improve musculoskeletal flexibility for performance under the supervision of a certified athletic trainer (ATC) or other licensed sports medicine professional (including but not limited to a physical or occupational therapist).** 10.2

3 **Lead appropriate warm-up and cool down for practices and strength training sessions under supervision of an athletic trainer as needed for student internships.** 10.3

4 **Apply basic taping and wrapping skills for the prevention of common musculoskeletal injuries when preparing athletes for play, under the supervision of an ATC.** 10.4

5 **Identify specific joint motions (elbow flexion, ankle inversion, etc.) to understand injuries presented during sports activities.** 10.5

6 **Demonstrate proficiency in locating anatomical landmarks (olecranon process, lateral malleolus, etc.) as needed, when participating as a student intern or aide** 10.6

7 **Demonstrate proficiency in Healthcare Providers (BLS – Basic Life Support) instruction/certification. Students should have their BLS certification before participating in any clinical experience.** 10.7

8 **Apply rehab for specific injuries as directed, under the supervision of an ATC or licensed sports medicine professional.** 10.8

Information Technology Applications: Utilize and un tec

1 **Use computer applications to create pertinent sports medicine forms and/or presentations including sign in forms, equipment check in/out forms, reatment/rehab forms, etc.** 11.1

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common across health professions. 11

2 **Identify various uses of technology in injury evaluation and tracking systems.** 11.2

3 **Demonstrate use of basic computer operations and file organization.** 11.3