Virginia CTE

Sports Medicine 1 (7660)

Obtaining First Aid and CPR/AED Education SM.1	1 **Explain blood-borne pathogens and the importance of universal precautions.** SM.1.1
	2 **Comply with the clinical site-specific exposure control plan.** SM.1.2
	3 **Explain the role of OSHA in the sports medicine profession.** SM.1.3
	4 **Complete a nationally recognized certification for first aid.** SM.1.4
	5 **Complete a sports first aid module not included in a typical first aid course.** SM.1.5
	6 **Identify the components of a primary and secondary survey.** SM.1.6
	7 **Complete a nationally recognized certification in CPR/AED (cardiopulmonary resuscitation/automatic external defibrillator).** SM.1.7
Understanding Human Anatomy and Physiology SM.2	1 **Explain the integumentary system.** SM.2.1
	2 **Explain the musculoskeletal system.** SM.2.2
	3 **Explain the cardiovascular and circulatory systems.** SM.2.3
	4 **Explain the respiratory system.** SM.2.4
	5 **Explain the nervous system.** SM.2.5
	6 **(Optional) Explain the urinary system.** SM.2.6
	7 **(Optional) Explain the female reproductive system.** SM.2.7
	8 **(Optional) Explain the male reproductive system.** SM.2.8
	9 **Explain the lymphatic and immune systems as they relate to inflammatory response after injury.** SM.2.9
	10 **(Optional) Explain the digestive system.** SM.2.10
	11 **Explain the endocrine system.** SM.2.11
	(Optional) Explain the sensory system. SM.2.12

Skip to main content

Understanding Nutrition SM.3	1	**Explain basics of nutrition.** SM.3.1
	2	**Explain factors that impact nutrition.** SM.3.2
	3	**Explain how nutritional needs are impacted by physical activity.** SM.3.3
	4	**Explain the relationship between nutrition and injury, illness, and health conditions.** SM.3.4
	5	**Perform a nutritional analysis.** SM.3.5
	6	**Interpret a nutritional analysis.** SM.3.6
Understanding Biomechanics SM.4	1	**Identify lever systems associated with the human body.** SM.4.1
	2	**Describe the principles associated with the planes and axes of human movement.** SM.4.2
	3	**Identify how force, mass, and gravity relate to human body mechanics.** SM.4.3
Understanding Medical Terminology SM.5	1	**Explain medical terminology commonly used in sports medicine.** SM.5.1
	2	**Use appropriate medical terminology.** SM.5.2
	3	**Explain commonly used prefixes and suffixes in medical terminology.** SM.5.3
Understanding Injuries and Illnesses SM.6	1	**Explain that a sprain is an injury to a ligament.** SM.6.1
	2	**Explain that a strain is an injury to a muscle or tendon.** SM.6.2
	3	**Explain that a fracture is an injury to a bone.** SM.6.3
	4	**Demonstrate knowledge of basic taping and wrapping techniques for musculoskeletal injuries.** SM.6.4
	5	**Identify catastrophic injuries.** SM.6.5
	6	**Identify neurological and brain injuries and conditions.** SM.6.6
	7	**Identify infectious and contagious diseases related to physical activity.** SM.6.7
	8	**Identify other health conditions that affect participation in physical activity.** SM.6.8
	9	**Explain common psychological responses to injury.** SM.6.9
Understanding Legal an Sp	1	**Distinguish among misfeasance, malfeasance, nonfeasance, and acts of ommission/omission.** SM.7.1

Skip to main content

	2 **Explain the legal and ethical significance of documentation and record-keeping in sports medicine.** SM.7.2
	3 **Explain the purpose and importance of medical documentation.** SM.7.3
	4 **Document the history of an injury.** SM.7.4
	5 **Explain the legal and ethical significance of confidentiality in sports medicine.** SM.7.5
	6 **Identify the legal practice limitations of student aides vs. paraprofessionals vs. professionals in sports medicine.** SM.7.6
	7 **Identify the necessity of client/patient referral to other healthcare professionals and practitioners.** SM.7.7
	8 **Explain the implications that Americans with Disabilities Act (ADA) and cultural competence have within the field of sports medicine.** SM.7.8
	9 **(Optional) Demonstrate ethical behavior within the sports medicine profession.** SM.7.9
Exploring Sports Medicine Careers SM.8	1 **Explain the continuing education requirements in various sports medicine professions.** SM.8.1
	2 **Identify organizations relevant to sports medicine professions.** SM.8.2
	3 **Identify credentials recognized in the sports medicine profession.** SM.8.3