Virginia CTE

Sports Medicine 2 (7662)

Understanding Exercise Physiology SM2.1	1	**Identify the components of fitness.** SM2.1.1
	2	**Explain the metabolic energy systems.** SM2.1.2
	3	**Explain various methods to analyze body composition.** SM2.1.3
	4	**Perform body composition analysis using a variety of methods, including anthropometric measurements.** SM2.1.4
	5	**Assess vital signs.** SM2.1.5
	6	**Differentiate between acute and chronic adaptations to exercise.** SM2.1.6
	7	**Explain the body's response to exercise throughout the lifespan.** SM2.1.7
Application of Biomechanical Principles SM2.2	1	**Explain lever systems associated with the human body.** SM2.2.1
	2	**Demonstrate movement in the planes of motion and related to the axes of human movement.** SM2.2.2
	3	**Explain how force, mass, and gravity relate to human body mechanics.** SM2.2.3
Exploring Exercise Program Design SM2.3	1	**Describe acute training variables and phases within exercise program design.** SM2.3.1
	2	**Explain the health-related fitness factors.** SM2.3.2
	3	**Design programs for each phase of training.** SM2.3.3
Preventing Injuries SM2.4	1	**Describe the relationship between pre-existing conditions and injury prevention.** SM2.4.1
	2	**Explain the criteria used to determine readiness to participate in physical activities.** SM2.4.2
	3	**Perform a fitness assessment.** SM2.4.3
	4	**Demonstrate safe exercise progression for healthy individuals, explaining when progression is appropriate.** SM2.4.4

Skip to main content

	5	**Explain safe training principles to include frequency, intensity, duration, and mode.** SM2.4.5
	6	**Apply the principles of strength training to various case study scenarios.** SM2.4.6
	7	**Explain safe techniques to enhance strength of major muscle groups.** SM2.4.7
	8	**Demonstrate safe lifting and spotting techniques as it relates to strengthening.** SM2.4.8
	9	**Develop a safe strengthening program for healthy individuals.** SM2.4.9
	10	**Explain the basic principles and importance of flexibility training.** SM2.4.10
	11	**Explain safe techniques to enhance joint range of motion of major muscle groups.** SM2.4.11
	12	**Develop a safe flexibility program for healthy individuals.** SM2.4.12
	13	**Explain the basic principles and importance of proprioception.** SM2.4.13
	14	**Demonstrate safe techniques to enhance proprioception for self and others, explaining each technique.** SM2.4.14
	15	**Implement a safe proprioception program for healthy individuals, assessing for effectiveness over time.** SM2.4.15
	16	**Identify environmental factors related to injury prevention.** SM2.4.16
	17	**Identify procedures for reporting potential environmental hazards to appropriate personnel.** SM2.4.17
	18	**Identify factors related to equipment safety.** SM2.4.18
	19	**Identify procedures for reporting potential equipment safety hazards to appropriate personnel.** SM2.4.19
Assessing Injuries and Illnesses SM2.5	1	**Explain the role of the secondary school student aide (SA) in recognizing an injury.** SM2.5.1
	2	**Explain the scope and limitations of the secondary school student aide (SA) when providing first aid.** SM2.5.2
	3	**Explain the scope and limitations of the secondary school student aide (SA) when assessing injury/illness.** SM2.5.3
Treating and Managing Inj Co	1	**Explain the purpose of goal setting in the treatment of injuries.** SM2.6.1
		Manage an injury within the scope of first aid. SM2.6.2

Skip to main content

	3 **Explain factors to consider in creating a progressive return-to-activity programs following injury/illness.** SM2.6.3
	4 **Identify appropriate referral sources based on scope of practice of healthcare professionals.** SM2.6.4
	5 **Explain the theory and application of common therapeutic interventions to treat and manage injuries and conditions based on professional scope of practice.** SM2.6.5
Preparing for a Career SM2.7	1 **Research various sports medicine-related professions.** SM2.7.1
	2 **Draft a résumé reflecting the student's career objective.** SM2.7.2
	3 **Practice interviewing skills.** SM2.7.3
	4 **Explain the basic legalities related to employment hiring practices in the sports medicine field.** SM2.7.4
	5 **Explain the relationship between ethics and employment skills.** SM2.7.5
	6 **Complete an internship in a sports medicine-related field.** SM2.7.6
	7 **Describe educational opportunities for advancement in various sports medicine professions.** SM2.7.7
	8 **Describe the impact of technology in various fields of sports medicine.** SM2.7.8
	9 **Explain the NASM-CPT credential.** SM2.7.9
Opioid Abuse Prevention Education SM2.8	1 **Opioid Abuse Prevention Education PPT.pdf** SM2.8.1
	2 **Opioid Resources for Teachers** SM2.8.2
Describing the Opioid Crisis SM2.9	1 **Describe the history and current state of the opioid crisis in the United States.** SM2.9.1
	2 **Describe the history and current state of the opioid crisis in Virginia.** SM2.9.2
	3 **Define the pharmacological components and common uses of opioids.** SM2.9.3
Examining the Key Factors of Drug Addiction SM2.10	1 **Examine the science of addiction.** SM2.10.1
	2 **Explain prevention and early intervention strategies.** SM2.10.2
	3 **Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).** SM2.10.3

Skip to main content

	4 **Describe the treatment models of addiction therapy.** SM2.10.4
	5 **Describe the medication management antidote used to prevent fatal opioid overdoses.** SM2.10.5
Understanding Pain Management Protocols SM2.11	1 **Explain the science of physiological and mental pain.** SM2.11.1
	2 **Describe the diagnostic tools used in developing pain management plans.** SM2.11.2
	3 **Describe pain treatment options available to various populations of patients.** SM2.11.3
	4 **Describe the effects of opioid dependency on the human body systems.** SM2.11.4
	5 **Explain the mechanism and physical effects of opioids on the human body.** SM2.11.5
	6 **Explain the use of opioids in practice settings, the role of opioids in pain management, and risk factors associated with the use of the medication.** SM2.11.6
	7 **Describe the withdrawal and tapering side effects of opioid use.** SM2.11.7
	8 **Describe storage and disposal options for opioids.** SM2.11.8
	9 **Explain community resources for education about opioid use.** SM2.11.9
Working with Patients and Caregivers SM2.12	1 **Describe key communication topics involving opioids for patients.** SM2.12.1
	2 **Describe communication topics for caregivers and family members.** SM2.12.2