

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

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- 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
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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
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Treating and Managing Injuries and Conditions SM2.6

- 1 Explain the purpose of goal setting in the treatment of injuries.** SM2.6.1
 - 2 Manage an injury within the scope of first aid.** SM2.6.2
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	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

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
