Virginia CTE

Sports Medicine/Athletic Training I (Condensed) (8316—36 weeks/140 hours)

Sports Medicine/Athletic Training I (Condensed) (8316—36 weeks/140 hours) SMAT1

A Demonstrating Personal Qualities and Abilities SMAT1.1

1. Demonstrate creativity and innovation. SMAT1.1.1
2. Demonstrate critical thinking and problem solving. SMAT1.1.2
3. Demonstrate initiative and self-direction. SMAT1.1.3
4. Demonstrate integrity. SMAT1.1.4
5. Demonstrate work ethic. SMAT1.1.5

B Demonstrating Interpersonal Skills SMAT1.2

6. Demonstrate conflict-resolution skills. SMAT1.2.6
7. Demonstrate listening and speaking skills. SMAT1.2.7
8. Demonstrate respect for diversity. SMAT1.2.8
9. Demonstrate customer service skills. SMAT1.2.9
10. Collaborate with team members. SMAT1.2.10

C Demonstrating Professional Competencies SMAT1.3

11. Demonstrate big-picture thinking. SMAT1.3.11
12. Demonstrate career- and life-management skills. SMAT1.3.12
13. Demonstrate continuous learning and adaptability. SMAT1.3.13
14. Manage time and resources. SMAT1.3.14
15. Demonstrate information-literacy skills. SMAT1.3.15
16. Demonstrate an understanding of information security. SMAT1.3.16
17. Maintain working knowledge of current information-technology (IT) systems. SMAT1.3.17
18. Demonstrate proficiency with technologies, tools, and machines common to a specific occupation. SMAT1.3.18
19. Apply mathematical skills to job-specific tasks. SMAT1.3.19
20. Demonstrate professionalism. SMAT1.3.20

21 Demonstrate reading and writing skills. SMAT1.3.21

22 Demonstrate workplace safety. SMAT1.3.22

D Examining All Aspects of an Industry SMAT1.4

23 Examine aspects of planning within an industry/organization. SMAT1.4.23

24 Examine aspects of management within an industry/organization. SMAT1.4.24

25 Examine aspects of financial responsibility within an industry/organization. SMAT1.4.25

26 Examine technical and production skills required of workers within an industry/organization. SMAT1.4.26

27 Examine principles of technology that underlie an industry/organization. SMAT1.4.27

28 Examine labor issues related to an industry/organization. SMAT1.4.28

29 Examine community issues related to an industry/organization. SMAT1.4.29

30 Examine health, safety, and environmental issues related to an industry/organization. SMAT1.4.30

E Addressing Elements of Student Life SMAT1.5

31 Identify the purposes and goals of the student organization. SMAT1.5.31

32 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult. SMAT1.5.32

33 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects. SMAT1.5.33

34 Identify Internet safety issues and procedures for complying with acceptable use standards. SMAT1.5.34

F Exploring Work-Based Learning SMAT1.6

35 Identify the types of work-based learning (WBL) opportunities. SMAT1.6.35

36 Reflect on lessons learned during the WBL experience. SMAT1.6.36

37 Explore career opportunities related to the WBL experience. SMAT1.6.37

38 Participate in a WBL experience, when appropriate. SMAT1.6.38

G Obtaining First Aid and CPR/AED Education SMAT1.7

39 Explain bloodborne pathogens and the importance of universal precautions. SMAT1.7.39

40 Comply with the clinical site-specific exposure control plan. SMAT1.7.40

41 Explain the role of OSHA in the sports medicine profession. SMAT1.7.41

42 Complete a nationally recognized certification for first aid. SMAT1.7.42

43 Identify sports first-aid topics not included in a typical first-aid course. SMAT1.7.43

44 Identify the components of a primary and secondary survey. SMAT1.7.44

45 Complete a nationally recognized certification in CPR/AED. SMAT1.7.45

H Assessing Injuries and Illnesses SMAT1.8

46 Explain the role of the secondary school student aide (SA) in recognizing an injury. SMAT1.8.46

47 Explain the scope and limitations of the secondary school SA when providing first aid. SMAT1.8.47

48 Explain the scope and limitations of the secondary school SA when assessing injury or illness. SMAT1.8.48

I Understanding Human Anatomy and Physiology SMAT1.9

49 Explain the integumentary system. SMAT1.9.49

50 Explain the musculoskeletal system. SMAT1.9.50

51 Explain the cardiovascular and circulatory systems. SMAT1.9.51

52 Explain the respiratory system. SMAT1.9.52

53 Explain the nervous system. SMAT1.9.53

54 (Optional) Explain the urinary system. SMAT1.9.54

55 (Optional) Explain the female reproductive system. SMAT1.9.55

56 (Optional) Explain the male reproductive system. SMAT1.9.56

57 Explain the lymphatic and immune systems as they relate to inflammatory response after injury. SMAT1.9.57

58 (Optional) Explain the digestive system. SMAT1.9.58

59 Explain the endocrine system. SMAT1.9.59

60 (Optional) Explain the sensory system. SMAT1.9.60

J Understanding Nutrition SMAT1.10

61 Explain the basics of nutrition. SMAT1.10.61

62 Explain factors that affect nutrition. SMAT1.10.62

63 Explain how nutritional needs are affected by physical activity. SMAT1.10.63

64 Explain the relationship between nutrition and injury, illness, and health conditions. SMAT1.10.64

65 Perform a nutritional analysis. SMAT1.10.65

66 Interpret a nutritional analysis. SMAT1.10.66

K Understanding Medical Terminology SMAT1.11

67 Explain medical terminology commonly used in sports medicine. SMAT1.11.67

68 Use appropriate medical terminology. SMAT1.11.68

69 Explain commonly used prefixes and suffixes in medical terminology. SMAT1.11.69

L Understanding Injuries and Illnesses SMAT1.12

70 Explain that a sprain is an injury to a ligament. SMAT1.12.70

71 Explain that a strain is an injury to a muscle or tendon. SMAT1.12.71

72 Explain that a fracture is an injury to a bone. SMAT1.12.72

73 Demonstrate knowledge of basic taping and wrapping techniques for musculoskeletal injuries. SMAT1.12.73

74 Identify catastrophic injuries. SMAT1.12.74

75 Identify neurological and brain injuries and conditions. SMAT1.12.75

76 Identify infectious and contagious diseases related to physical activity. SMAT1.12.76

77 Identify other health conditions that affect participation in physical activity. SMAT1.12.77

78 Explain common psychological responses to injury. SMAT1.12.78

M Understanding Legal and Ethical Issues in Sports Medicine SMAT1.13

79 Distinguish among misfeasance, malfeasance, nonfeasance, liability, and acts of commission and omission. SMAT1.13.79

80 Explain the legal and ethical significance of documentation and record-keeping in sports medicine. SMAT1.13.80

81 Explain the purpose and importance of medical documentation. SMAT1.13.81

82 Document the history of an injury. SMAT1.13.82

83 Explain the legal and ethical significance of confidentiality in sports medicine. SMAT1.13.83

84 Identify the legal practice limitations of SAs vs. paraprofessionals vs. professionals in sports medicine. SMAT1.13.84

85 Identify the necessity of a client/patient referral to other healthcare professionals and practitioners. SMAT1.13.85

86 Explain the implications of the Americans with Disabilities Act (ADA) within the field of sports medicine. SMAT1.13.86

87 Explain the implications of cultural competence in the field of sports medicine. SMAT1.13.87

88 Describe ethical behavior within the sports medicine profession. SMAT1.13.88

N Exploring Sports Medicine Careers SMAT1.14

89 Explain the continuing education requirements in sports medicine professions. SMAT1.14.89

90 Identify organizations relevant to sports medicine professions. SMAT1.14.90

91 Identify credentials recognized in the sports medicine profession. SMAT1.14.91