

Sports Medicine/Athletic Training II (Condensed) (8317—36 weeks/140 hours)

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(8317—36 weeks/140 hours) **SMAT2**

A Demonstrating Personal Qualities and Abilities **SMAT2.1**

- 1 Demonstrate creativity and innovation. **SMAT2.1.1**
 - 2 Demonstrate critical thinking and problem solving. **SMAT2.1.2**
 - 3 Demonstrate initiative and self-direction. **SMAT2.1.3**
 - 4 Demonstrate integrity. **SMAT2.1.4**
 - 5 Demonstrate work ethic. **SMAT2.1.5**
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B Demonstrating Interpersonal Skills **SMAT2.2**

- 6 Demonstrate conflict-resolution skills. **SMAT2.2.6**
 - 7 Demonstrate listening and speaking skills. **SMAT2.2.7**
 - 8 Demonstrate respect for diversity. **SMAT2.2.8**
 - 9 Demonstrate customer service skills. **SMAT2.2.9**
 - 10 Collaborate with team members. **SMAT2.2.10**
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C Demonstrating Professional Competencies **SMAT2.3**

- 11 Demonstrate big-picture thinking. **SMAT2.3.11**
- 12 Demonstrate career- and life-management skills. **SMAT2.3.12**
- 13 Demonstrate continuous learning and adaptability. **SMAT2.3.13**
- 14 Manage time and resources. **SMAT2.3.14**
- 15 Demonstrate information-literacy skills. **SMAT2.3.15**
- 16 Demonstrate an understanding of information security. **SMAT2.3.16**
- 17 Maintain working knowledge of current information-technology (IT) systems. **SMAT2.3.17**
- 18 Demonstrate proficiency with technologies, tools, and machines common to a specific occupation. **SMAT2.3.18**
- 19 Apply mathematical skills to job-specific tasks. **SMAT2.3.19**
- 20 Demonstrate professionalism. **SMAT2.3.20**

21 Demonstrate reading and writing skills. [SMAT2.3.21](#)

22 Demonstrate workplace safety. [SMAT2.3.22](#)

D Examining All Aspects of an Industry [SMAT2.4](#)

23 Examine aspects of planning within an industry/organization. [SMAT2.4.23](#)

24 Examine aspects of management within an industry/organization. [SMAT2.4.24](#)

25 Examine aspects of financial responsibility within an industry/organization. [SMAT2.4.25](#)

26 Examine technical and production skills required of workers within an industry/organization. [SMAT2.4.26](#)

27 Examine principles of technology that underlie an industry/organization. [SMAT2.4.27](#)

28 Examine labor issues related to an industry/organization. [SMAT2.4.28](#)

29 Examine community issues related to an industry/organization. [SMAT2.4.29](#)

30 Examine health, safety, and environmental issues related to an industry/organization. [SMAT2.4.30](#)

E Addressing Elements of Student Life [SMAT2.5](#)

31 Identify the purposes and goals of the student organization. [SMAT2.5.31](#)

32 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult. [SMAT2.5.32](#)

33 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects. [SMAT2.5.33](#)

34 Identify Internet safety issues and procedures for complying with acceptable use standards. [SMAT2.5.34](#)

F Exploring Work-Based Learning [SMAT2.6](#)

35 Identify the types of work-based learning (WBL) opportunities. [SMAT2.6.35](#)

36 Reflect on lessons learned during the WBL experience. [SMAT2.6.36](#)

37 Explore career opportunities related to the WBL experience. [SMAT2.6.37](#)

38 Participate in a WBL experience, when appropriate. [SMAT2.6.38](#)

G Understanding Exercise Physiology [SMAT2.7](#)

39 Identify the components of fitness. [SMAT2.7.39](#)

40 Explain the metabolic energy systems. [SMAT2.7.40](#)

41 Explain methods to analyze body composition. [SMAT2.7.41](#)

42 Perform body composition analysis using a variety of methods, including anthropometric measurements. [SMAT2.7.42](#)

43 Assess vital signs. [SMAT2.7.43](#)

44 Differentiate between acute and chronic adaptations to exercise. [SMAT2.7.44](#)

45 Explain the body's response to exercise throughout the lifespan. [SMAT2.7.45](#)

H Application of Biomechanical Principles [SMAT2.8](#)

46 Explain lever systems associated with the human body. [SMAT2.8.46](#)

47 Demonstrate the principles associated with the planes and axes of human movement. [SMAT2.8.47](#)

48 Explain how force, mass, and gravity relate to human body mechanics. [SMAT2.8.48](#)

I Exploring Exercise Program Design [SMAT2.9](#)

49 Describe acute training variables and phases within exercise program design. [SMAT2.9.49](#)

50 Explain health-related fitness factors. [SMAT2.9.50](#)

51 Design programs for each phase of training. [SMAT2.9.51](#)

J Preventing Injuries [SMAT2.10](#)

52 Describe the relationship between preexisting conditions and injury prevention. [SMAT2.10.52](#)

53 Explain the criteria used to determine readiness to participate in physical activities. [SMAT2.10.53](#)

54 Perform a fitness assessment. [SMAT2.10.54](#)

55 Demonstrate safe exercise progression for healthy individuals. [SMAT2.10.55](#)

56 Explain safe training principles to include frequency, intensity, duration, and mode. [SMAT2.10.56](#)

57 Apply the principles of strength training to various case study scenarios. [SMAT2.10.57](#)

58 Explain safe techniques to enhance strength of major muscle groups. [SMAT2.10.58](#)

59 Demonstrate safe lifting and spotting techniques when performing strengthening activities. [SMAT2.10.59](#)

61 Develop a safe strengthening program for healthy individuals. [SMAT2.10.61](#)

62 Explain the basic principles and importance of flexibility training. [SMAT2.10.62](#)

63 Explain safe techniques to enhance joint range of motion of major muscle groups. [SMAT2.10.63](#)

64 Develop a safe flexibility program for healthy individuals. [SMAT2.10.64](#)

65 Explain the basic principles and importance of proprioception. [SMAT2.10.65](#)

66 Demonstrate safe techniques to enhance proprioception for self and others, explaining each technique. [SMAT2.10.66](#)

67 Implement a safe proprioception program for healthy individuals, assessing for effectiveness over time. [SMAT2.10.67](#)

68 Identify environmental factors related to injury prevention. [SMAT2.10.68](#)

- 69 Demonstrate procedures for reporting potential environmental hazards to appropriate personnel. [SMAT2.10.69](#)
 - 70 Demonstrate procedures for reporting potential equipment safety hazards to appropriate personnel. [SMAT2.10.70](#)
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K Treating and Managing Injuries and Conditions [SMAT2.11](#)

- 71 Explain the purpose of goal setting in the treatment of injuries. [SMAT2.11.71](#)
 - 72 Manage an injury within the scope of first aid. [SMAT2.11.72](#)
 - 73 Explain factors to consider in creating a progressive return-to-activity program following injury or illness. [SMAT2.11.73](#)
 - 74 Identify appropriate referral sources based on the scope of practice of healthcare professionals. [SMAT2.11.74](#)
 - 75 Explain the theory and application of common therapeutic interventions to treat and manage injuries and conditions based on professional scope of practice. [SMAT2.11.75](#)
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L Preparing for a Career [SMAT2.12](#)

- 76 Research sports medicine-related professions. [SMAT2.12.76](#)
 - 77 Draft a résumé reflecting the student's career objective. [SMAT2.12.77](#)
 - 78 Practice interviewing skills. [SMAT2.12.78](#)
 - 79 Explain the basic legalities related to employment hiring practices in the sports medicine field. [SMAT2.12.79](#)
 - 80 Explain the relationship between ethics and employment skills. [SMAT2.12.80](#)
 - 81 Complete an internship in a sports medicine-related field. [SMAT2.12.81](#)
 - 82 Describe educational opportunities for advancement in sports medicine professions. [SMAT2.12.82](#)
 - 83 Describe the effect of technology in sports medicine. [SMAT2.12.83](#)
 - 84 Explain the NASM-PES and/or NASM-CPT credential. [SMAT2.12.84](#)
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M Describing the Opioid Crisis [SMAT2.13](#)

- 85 Describe the history and current state of the opioid crisis in the United States. [SMAT2.13.85](#)
 - 86 Describe the history and current state of the opioid crisis in Virginia. [SMAT2.13.86](#)
 - 87 Define the pharmacological components and common uses of opioids. [SMAT2.13.87](#)
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N Examining the Key Factors of Drug Addiction [SMAT2.14](#)

- 88 Examine the science of addiction. [SMAT2.14.88](#)
- 89 Explain prevention and early intervention strategies. [SMAT2.14.89](#)
- 90 Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). [SMAT2.14.90](#)

- 91 Describe the treatment models of addiction therapy. [SMAT2.14.91](#)
 - 92 Describe the medication management antidote used to prevent fatal opioid overdoses. [SMAT2.14.92](#)
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O Understanding Pain Management Protocols [SMAT2.15](#)

- 93 Explain the science of physiological and mental pain. [SMAT2.15.93](#)
 - 94 Describe the diagnostic tools used in developing pain management plans. [SMAT2.15.94](#)
 - 95 Describe pain treatment options available to various populations of patients. [SMAT2.15.95](#)
 - 96 Describe the effects of opioid dependency on the human body systems. [SMAT2.15.96](#)
 - 97 Explain the mechanism and physical effects of opioids on the human body. [SMAT2.15.97](#)
 - 98 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. [SMAT2.15.98](#)
 - 99 Describe the withdrawal and tapering side effects of opioid use. [SMAT2.15.99](#)
 - 100 Describe storage and disposal options for opioids. [SMAT2.15.100](#)
 - 101 Explain community resources for education about opioid use. [SMAT2.15.101](#)
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P Working with Patients and Caregivers [SMAT2.16](#)

- 102 Describe key communication topics involving opioids for patients. [SMAT2.16.102](#)
- 103 Describe communication topics for caregivers and family members. [SMAT2.16.103](#)