Virginia CTE

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

Sports Medicine/Athletic Training II (Condensed) (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

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

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

.9 Apply mathematical skills to job-specific tasks. SMAT2.3.19

.0 Demonstrate professionalism. SMAT2.3.20

Skip to main content

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

Skip to main content

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

 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

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

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

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

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

Skip to main content

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

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

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