

**Course Title:** Sports Medicine I  
**Board Approval Date:** 06/16/14  
**Credit / Hours:** 1.0

**Course Description:**

This course focuses on mastery of the PA Academic Standards for Health, Safety and Physical Education. The instruction is designed to provide students with a foundation of specific concepts related to injury prevention, evaluation, management and rehabilitation. This course will provide the student with an overview of the Athletic Training Profession. Instructional focus will be on basic emergency care, first aide, CPR, common athletic injuries, injury assessment and management. Students will work directly with the Athletic Trainer in an academic and clinical setting. As part of the Student Athletic Training Program, students will gain clinical experience by working with the Athletic Trainer in covering athletic events and applying their knowledge in the Training Room environment.

**Learning Activities / Modes of Assessment:**

Large group instruction	Tests and Quizzes
Teacher Observation	On-line activities and research
Small group work	Projects with Rubrics
Jigsaw activities	Practical Application Assessments

**Instructional Resources:**

Principals of Athletic Training – A Competency Approach – 13<sup>th</sup> Edition  
American Heart Association CPR Training Materials  
Various videos  
Web-based resources  
Various iPad Applications

## Course Pacing Guide

Course: **Sports Medicine I**

<b>Course Unit (Topic)</b>	<b>Length of Instruction (Days/Periods)</b>
1. The Sports Medicine Team	04 days
2. Mechanisms and Characteristics of Sports Trauma	08 days
3. On Field Evaluation	18 days
4. Off Field Evaluation	15 days
5. The Foot	12 days
6. The Ankle and Lower Leg	12 days
7. The Knee and Related Structures	18 days
8. The Hip, Thigh and Pelvis	15 days
9. The Spine	18 days
10. The Shoulder Complex	15 days
11. The Elbow	25 days
12. The Forearm, Wrist, Hand and Fingers	<u>10 days</u>
<b>DAYS TOTAL</b>	<b>170 Days</b>

Topic: 01. The Sports Medicine Team

Days: 4

Subject(s): Other

Grade(s): 11th, 12th

Know:

Understand:

Do:

**13.1.C – Compact**  
Analyze how the changing roles of individuals in the workplace relate to new opportunities within career choices.

The roles and responsibilities of an Athletic Trainer.

The evolution of the Sports Medicine profession

**13.3.B – Compact**  
Evaluate team member roles to describe and illustrate active listening techniques: Clarifying, Encouraging, Reflecting, Restating and Summarizing.

**13.1.D – Important**  
Explain the relationship of career training programs to employment opportunities.

**13.1.B – Essential**  
Relate careers to personal interests, abilities and aptitudes.

Identify the various roles performed by members of the sports medicine team

Topic: 02. Mechanisms and Characteristics of Sport Trauma

Days: 8

Subject(s): Other

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

**10.3.12.B – Unranked**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

**13.2.E – Compact**

Demonstrate, in the career acquisition process, the application of essential workplace skills/knowledge, such as, but not limited to: Commitment, Communication, Dependability, Health/safety, Laws and regulations (that is Americans With Disabilities Act, child labor laws, Fair Labor Standards Act, OSHA, Material Safety Data Sheets), Personal initiative, Self-advocacy, Scheduling/time management, Team building, Technical literacy and Technology

Review the normal structures of soft tissue, synovial joint and bone injuries

Define terminology that describes injuries occurred during sport participation

Describe the various types of bone fractures and how they occur

The biomechanical factors of sports injuries.

**10.3.12.B – Unranked**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

**10.2.12.E – Unranked**

Analyze the interrelationship between environmental factors and community health.

- public health policies and laws/health promotion and disease prevention
- individual choices/maintenance of environment
- recreational opportunities/ health status

Topic: 03. On-Field Evaluation

Days: 18

Subject(s): Other

Grade(s): 10th, 11th, 12th

Know:	Understand:	Do:
<p><b>10.3.12.B – Important</b>                      Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> <li>• CPR</li> <li>• advanced first aid</li> </ul> <p><b>10.3.12.A – Compact</b>                      Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"> <li>• loss of personal freedom</li> <li>• personal injury</li> <li>• loss of income</li> <li>• impact on others</li> <li>• loss of motor vehicle operator's license</li> </ul> <p>Standard First Aid and CPR</p> <p>The difference between a Primary and Secondary Survey</p>	<p>The importance of recognizing, treating and managing emergency situations</p>	<p><b>10.3.12.B – Important</b>                      Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> <li>• CPR</li> <li>• advanced first aid</li> </ul> <p><b>10.3.12.A – Compact</b>                      Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"> <li>• loss of personal freedom</li> <li>• personal injury</li> <li>• loss of income</li> <li>• impact on others</li> <li>• loss of motor vehicle operator's license</li> </ul> <p><b>13.3.B – Unranked</b>                      Evaluate team member roles to describe and illustrate active listening techniques: Clarifying, Encouraging, Reflecting, Restating and Summarizing.</p> <p>Demonstrate Standard First Aid and CPR Skills</p> <p>Evaluate emergency situations and follow proper procedures for managing and treating injuries sustained in athletic competition</p> <p>Effectively execute Manual Conveyance Skills</p> <p>Crutch and cane walking</p>

Topic: 04. Off-the Field Injury Evaluation

Days: 15

Subject(s): Other

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

The four distinctive evaluations conducted by Athletic Trainers.

Standard musculoskeletal terminology.'

Injury evaluation terminology

The four broad categories of the HOPS evaluation

The goals of special tests

The process of evaluating and documenting athletic injuries.

The difference between evaluation and diagnosis.

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

Demonstrate musculoskeletal body positions and deviations

Perform Off-Field Assessments

Document injury evaluation information.

Apply the HOPS off-the-field evaluation process.

Topic: 05. The Foot

Days: 12

Subject(s): Other

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

<p><b>10.3.12.B – Important</b>                  Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> <li>• CPR</li> <li>• advanced first aid</li> </ul> <p>The major anatomical structures and features of the foot.</p> <p>The process for evaluating injuries of the foot.</p>	<p>The complex anatomical structures of the foot and the challenges of recognizing and managing foot injuries.</p>	<p><b>10.3.12.B – Important</b>                  Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> <li>• CPR</li> <li>• advanced first aid</li> </ul> <p><b>10.1.12.B – Compact</b>                  Evaluate factors that impact the body systems and apply protective/ preventive strategies.</p> <ul style="list-style-type: none"> <li>• fitness level</li> <li>• environment (e.g., pollutants, available health care)</li> <li>• health status (e.g., physical, mental, social)</li> <li>• nutrition</li> </ul> <p><b>1.1.9 – Unranked</b>                  Collaborate with others to broaden and deepen understanding.</p> <p><b>1.1.6 – Unranked</b>                  Read, view, and listen for information presented in any format (e.g., textual, visual, media, digital) in order to make inferences and gather meaning.</p> <p><b>1.1.2 – Unranked</b>                  Use prior and background knowledge as context for new learning.</p> <p><b>S11.B.1.1.1 – Essential</b>                  Explain how structure determines function at multiple levels of organization (e.g., chemical, cellular, anatomical, ecological).</p> <p>Palpate the major anatomical structures and features of the foot.</p> <p>Identify specific injuries that occur in the foot</p>
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Topic: 06. The Ankle and Lower Leg

Days: 12

Subject(s): Other

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

**10.3.9.B – Important**

Describe and apply strategies for emergency and long-term management of injuries.

- self-care
- sport injuries

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- advanced first aid

Major Anatomical components of the ankle and lower leg.

Etiology, symptoms and signs and management of injuries to the ankle and lower leg.

The acute and chronic injuries of the ankle and lower leg

**10.3.9.B – Important**

Describe and apply strategies for emergency and long-term management of injuries.

- rescue breathing
- water rescue
- self-care
- sport injuries

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- advanced first aid

Assessment of ankle and lower leg injuries



Topic: 07. The Knee and Related Structures

Days: 18

Subject(s): Other

Grade(s): 10th, 11th, 12th

Know:	Understand:	Do:
<p><b>10.3.12.B – Important</b>            Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> <li>• CPR</li> <li>• advanced first aid</li> </ul> <p>The anatomical structures of the knee</p> <p>Etiological factors, symptoms and signs of injuries to the menisci and ligaments.</p> <p>Etiological factors, symptoms and signs of injuries that occur in the patellofemoral joint.</p> <p>The prevention of knee injuries.</p> <p>Various stability tests that can be used to evaluate knee injuries</p>	<p>The mechanism of knee injuries</p> <p>Rehabilitation protocols for knee injuries.</p>	<p><b>10.3.12.B – Important</b>            Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> <li>• CPR</li> <li>• advanced first aid</li> </ul> <p><b>1.1.2 – Unranked</b>            Use prior and background knowledge as context for new learning.</p> <p><b>1.1.6 – Unranked</b>            Read, view, and listen for information presented in any format (e.g., textual, visual, media, digital) in order to make inferences and gather meaning.</p> <p><b>1.1.9 – Unranked</b>            Collaborate with others to broaden and deepen understanding.</p> <p>Palpate the soft tissue and bony anatomy of the knee</p> <p>Compare and contrast male and female differences relative to anterior cruciate ligament injuries.</p> <p>Perform various stability tests that can be used to evaluate knee injuries.</p>

Topic: 08: The Hip, Thigh and Pelvis

Days: 15

Subject(s): Other

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

**10.1.12.B – Unranked**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

The anatomical structures of the thigh, hip and pelvic region and the etiology, rehabilitations and prevention of injuries common to this anatomical region.

**10.1.12.B – Unranked**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

Topic: 09. The Spine

Days: 18

Subject(s): Other

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

The anatomical structures of the spine

Categorize specific injuries that can occur in various regions of the spine in terms of etiology, symptoms, signs and management

Understand the complexity of the spine and spinal movements

Understand how injuries of the spine occur and how they can be prevented

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

**S11.B.1.1.1 – Essential**

Explain how structure determines function at multiple levels of organization (e.g., chemical, cellular, anatomical, ecological).

Evaluate and identify postural deformities

Explain rehabilitation protocols for spinal injuries.

Topic: 10: The Shoulder Complex

Days: 15

Subject(s): Other

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

The normal structure and function of the shoulder complex?

**10.5.12.B – Important**

Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

Topic: 11: The Elbow  
Subject(s):

Days: 25  
Grade(s):

Know:

Understand:

Do:

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

**10.1.12.E – Unranked**

Identify and analyze factors that influence the prevention and control of health problems.

- research
- medical advances
- technology
- government policies/ regulations

The normal structure and function of the elbow.

The mechanism and management of elbow injuries.

**10.3.12.B – Important**

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

**10.5.12.B – Important**

Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

Topic: 12:The Forearm, Wrist, Hand and Fingers

Days: 10

Subject(s): Other

Grade(s): 11th, 12th

Know:

Understand:

Do:

<p><b>10.3.12.B – Unranked</b> Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"><li>• CPR</li><li>• advanced first aid</li></ul>		<p><b>10.3.12.B – Unranked</b> Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"><li>• CPR</li><li>• advanced first aid</li></ul>
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