

Course Title: Sports Medicine II
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. Sports Medicine II is continuation of the Athletic Training I course. Students will develop skills in general taping, stretching and rehabilitation technique, and learn to administer treatment to our student-athletes using a variety of modalities. Students will work directly with the Athletic Trainer in a clinical setting as they learn and use advanced methods of injury management, athlete care, and injury prevention. Students who enroll in this course will be complete observation hours and assist the Athletic Trainer with event coverage and apply their knowledge in the Training Room.

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 |
| Sports Medicine Career Day Activity | |

Instructional Resources:

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

Course Pacing Guide

Course: **Sports Medicine II**

| Course Unit (Topic) | Length of Instruction (Days/Periods) |
|--|---|
| 1. Organization of Athletic Training Program | 35 days |
| 2. Taping and Bracing | 35 days |
| 3. Using Therapeutic Modalities | 35 days |
| 4. Skin Disorders | 35 days |
| 5. The Head, Face, Eyes, Ears, Neck and Throat | <u>35 days</u> |
| DAYS TOTAL | 175 Days |

Topic: 1: Organization of Athletic Training Program
 Subject(s):

Days: 35
 Grade(s):

| Know: | Understand: | Do: |
|--|--|---|
| <p>10.3.12.B – Important Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> • CPR • advanced first aid <p>10.1.12.E – Compact Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> • research • medical advances • technology • government policies/ regulations <p>10.1.12.E – Unranked Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> • research • medical advances • technology • government policies/ regulations | <p>The importance of establishing a plan for conducting an Athletic Training Program and establishing policies and procedures for handling emergencies</p> | <p>1.1.6 – Unranked 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>1.1.1 – Unranked Follow an inquiry- based process in seeking knowledge in curricular subjects, and make the real-world connection for using this process in own life.</p> <p>1.1.9 – Unranked Collaborate with others to broaden and deepen understanding.</p> <p>2.1.3 – Unranked Use strategies to draw conclusions from information and apply knowledge to curricular areas, real- world situations, and further investigations.</p> <p>3.4.3 – Unranked Assess own ability to work with others in a group setting by evaluating varied roles, leadership, and demonstrations of respect for other viewpoints.</p> <p>4.4.1 – Unranked Identify own areas of interest.</p> <p>10.3.12.B – Important Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> • CPR • advanced first aid <p>10.1.12.E – Compact Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> • research • medical advances • technology • government policies/regulations |

Topic: 1: Organization of Athletic Training Program
Subject(s):

Days: 35
Grade(s):

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

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

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: 2: Taping and Bracing

Days: 35

Subject(s): Other

Grade(s): 11th, 12th

Know:

Understand:

Do:

| | | |
|--|---|--|
| <p>10.3.12.B – Important Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> • CPR • advanced first aid <p>10.2.9.A – Compact Evaluate health care products and services that impact adult health practices.</p> | <p>How taping and bracing can be used to prevent injuries, assist injured athletes and manage various injuries.</p> | <p>10.3.12.B – Important Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> • CPR • advanced first aid <p>10.2.9.A – Compact Evaluate health care products and services that impact adult health practices.</p> <p>13.1.D – Important Evaluate school-based opportunities for career awareness/preparation, such as, but not limited to: Career days, Career portfolio, Community service, Cooperative education, Graduation/senior project, Internship, Job shadowing, Part-time employment, Registered apprenticeship and School-based enterprise.</p> <p>2.4.2 – Unranked Reflect on systematic process, and assess for completeness of investigation.</p> |
|--|---|--|

Topic: 3:Using Therapeutic Modalities
Subject(s):

Days: 35
Grade(s):

Know:

10.3.12.B – Important
Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

Understand:

The inclusion of therapeutic modalities as part of the rehabilitation process and the influence they can have on the healing process.

Do:

10.3.12.B – Important
Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

Topic: 4:Skin Disorders

Days: 35

Subject(s):

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 – Compact

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

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

The conditions that affect the skin and mucous membranes especially those that are highly contagious.

10.3.12.B – Important

Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

10.1.12.B – Compact

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

10.1.12.E – Compact

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

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

Topic: 5: The Head, Face, Eyes, Ears, Neck and Throat
Subject(s): Other

Days: 35
Grade(s): 11th, 12th

Know:

10.3.12.B – Important
Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

Understand:

The seriousness of a variety of injuries to the head and the importance of teaching proper techniques to athletes and developing a set protocol for handling injuries in this anatomical region

Do:

10.3.12.B – Important
Analyze and apply strategies for the management of injuries.

- CPR
- advanced first aid

4.c – Unranked

Collect and analyze data to identify solutions and/or make informed decisions