



STAFFORD COUNTY PUBLIC SCHOOLS

Curriculum Overview Sports Medicine

Course Description:

The Sports Medicine course is designed to educate students in all aspects of the Athletic Training field. Students will develop a knowledge and understanding of the prevention, recognition, evaluation, nutrition and emergency care of athletic injuries. The athletic training course will also expose the students to the increasing career opportunities in the field of Athletic Training, such as certified athletic trainer, physical therapist, sports nutritionist, sports medicine physician, exercise physiologist, kinesiologist, emergency medical technician, and other health related fields. Students will have the opportunity to gain hands on experience becoming involved as a student athletic trainer, by taking care of athletic injuries to members of their schools sports teams. Students will also have the opportunity to become certified in American Red Cross First Aid and CPR.

Essential Skills/Processes: Students will--

Injury Prevention

- Identify principles of energy and power to athletics and human movement.
- Understand biomechanical principles involved in athletic movement.
- Explain the individual differences in responses to physical conditioning.
- Identify principles of activities appropriate for flexibility, strength, speed, and endurance training.
- Demonstrate the application of taping procedures.
- Explain the types, uses, fit, and characteristics of protective equipment used in athletics.

Evaluation and Recognition

- Identify the functions of the skeletal, muscular, nervous, respiratory, cardiovascular, and endocrine systems.
- Describe tissue reaction to stress in athletics and human movement.
- Explain acute and chronic characteristics of sports injuries.
- Demonstrate assessment techniques for the foot, ankle, knee, thigh, hip, pelvis, thorax, spine, shoulder, head/neck, hand, wrist, and forearm.

Rehabilitation

- Understand the principles of neuromuscular facilitation, proprioception, pain perception, and performance.
- Identify the use of heat, cold, and electrical therapeutic modalities.
- Understand soft tissue and bony tissue healing processes.
- Demonstrate exercise techniques for joint specific rehabilitation programs.
- Demonstrate proper technique for crutch fitting and walking.

Organization and Administration

- Explain the components of the athletic training facility.
- Understand the roles and responsibilities associated with the athletic training program.
- Identify the policies and procedures related to athletic training.
- Describe the basic components of a preseason physical examination.
- Understand the legal aspects relating to athletic training programs.
- Demonstrate proper use and reporting of athletic injuries.

- Identify names, goals, and functions of professional organizations for athletic trainers.

Counseling and Education

- Understand the cognitive, social, and emotional stages of development.
- Identify appropriate seasons and types of conditioning programs.
- Explain the basic food groups and their nutritional needs as it related to athletes.
- Describe common eating disorders and methods of weight control.
- Describe a pre-event meal.
- Demonstrate prevention of disease through proper recognition establishing of OSHA control plans.

Emergency Care

- Identify emergency care principles for a conscious and unconscious athlete.
- Demonstrate first aid and CPR techniques and components of the EMS system.
- Explain sport specific emergency care routines.

Essential Knowledge: Students will--

- Develop an understanding of the historic foundations of athletic training.
- Comprehend how nutrition affects athletic performance.
- Identify skeletal anatomy, muscles, and ligamentous structures of the various joints of the body.
- Acquire the knowledge and basic skill for treatment and rehabilitation of sports injuries.
- Recognize and provide emergency care to sports injuries.
- Identify roles and responsibilities associated with the athletic training program.
- Understand the principles and application of therapeutic modalities.
- Identify sports specific conditioning principles.
- Identify the functions of assessment techniques for the various joints of the body.
- Demonstrate the use of protective equipment in athletics.
- Understand the importance of injury prevention as it relates to athletics.

Resources:

Curriculum Connections:

- Stafford County Public Schools: <http://stafford.schoolfusion.us/>
- VA Standards of Learning: <http://www.doe.virginia.gov/VDOE/Superintendent/Sols/home.shtml>
- School Report Card (VA Department of Education): <https://p1pe.doe.virginia.gov/reportcard/>