

Student's Name/Initials

/

Date

Teacher's Initials

Date

SPORTS MEDICINE 2 STUDENT PROFILE Course Code 5556

DIRECTIONS: Evaluate the student using the applicable rating scales below and check the appropriate box to indicate the degree of competency. The ratings 3, 2, 1, and N are not intended to represent the traditional school grading system of A, B, C, and D. The description associated with each of the ratings focuses on the level of student performance or cognition for each of the competencies listed below.

COURSE DESCRIPTION: Sports Medicine 2 emphasizes the assessment and rehabilitation of athletic injuries. Subject matter will include discussion of specific conditions and injuries that may be experienced by individuals participating in athletic activities. In addition, the use of appropriate therapeutic modalities and exercise in the care and rehabilitation of injuries will be examined. Advanced concepts related to the administrative aspects of the sports medicine program will also be covered in this course.

GENERAL REQUIREMENTS: The course is recommended for students in grades 11-12. Students must have successfully completed Sports Medicine 1.

Credit 1 or 2 unit(s)

PERFORMANCE RATING

- 3 - Skilled--can perform task independently with no supervision
- 2 - Moderately skilled--can perform task completely with limited supervision
- 1 - Limitedly skilled--requires instruction and close supervision
- N - No exposure--has no experience or knowledge of this task

COGNITIVE RATING

- 3 - Knowledgeable--can apply the concept to solve problems
- 2 - Moderately knowledgeable--understands the concept
- 1 - Limited knowledge--requires additional instruction
- N - No exposure--has not received instruction in this area

1. Academic Foundation

Healthcare professionals will know the academic subject matter required for proficiency within their area. They will use this knowledge as needed in their role. The following accountability criteria are considered essential for students in a health science program of study.

3 2 1 N

- 1. Explain body planes, directional terms, quadrants, and joint movements.
- 2. Describe general medical conditions affecting the athlete including assessment and treatment.
- 3. Describe tissue's physiological responses to injury.
- 4. Identify and describe the structures and functions of the following body systems:
cardiovascular,
respiratory,

muscular,
skeletal,
nervous,
gastrointestinal,
excretory,
reproductive,
endocrine, and
integumentary (skin).

- 5. Investigate therapeutic techniques as they relate to prevention and treatment of injury and illness.

2. Communications

Healthcare professionals will know the various methods of giving and obtaining information. They will communicate effectively, both orally and in writing.

3 2 1 N

- 1. Demonstrate obtaining pertinent patient information (medical history, injury history, and progress).

- 2. Create an injury report using the Subjective Objective Assessment Plan (SOAP) note format.
- 3. Demonstrate the use of presentation software and/or other presentation techniques for communicating to audiences.
- 4. Design athletic training room forms such as treatment logs, rehabilitation records, emergency information, and consent forms.

3: Systems

Healthcare professionals will understand how their role fits into their department, their organization, and the overall healthcare environment. They will identify how key systems affect services they perform and quality of care.

3 2 1 N

- ___ ___ ___ ___1. Analyze injury and athletic training room statistics.
- ___ ___ ___ ___2. Analyze differences between various healthcare payment methods.

4: Employability Skills

Healthcare professionals will understand how employability skills enhance their employment opportunities and job satisfaction. They will demonstrate key employability skills and will maintain and upgrade skills, as needed.

3 2 1 N

- ___ ___ ___ ___1. Develop a job description of a sports medicine team member.
- ___ ___ ___ ___2. Develop a performance evaluation of a sports team member.
- ___ ___ ___ ___3. Demonstrate process for obtaining employment in a sports medicine field.

5: Legal Responsibilities

Healthcare professionals will understand the legal responsibilities, limitations, and implications of their actions within the healthcare delivery setting. They will perform their duties according to regulations, policies, laws, and legislated rights of clients.

3 2 1 N

- ___ ___ ___ ___1. Apply legal standards for workplace safety.
- ___ ___ ___ ___2. Apply legal standards for harassment.
- ___ ___ ___ ___3. Apply standards for Health Insurance Portability and Accountability Act (HIPPA) and Federal Education Rights and Privacy Act (FERPA).

6. Ethics

Healthcare professionals will understand accepted ethical practices with respect to cultural, social, and ethnic differences within the healthcare environment. They will perform quality healthcare delivery.

3 2 1 N

- ___ ___ ___ ___1. Demonstrate an understanding of the ethical issues in sports medicine professions.
- ___ ___ ___ ___2. Demonstrate fairness and equal

treatment of all persons.

7: Safety Practices

Healthcare professionals will understand the existing and potential hazards to clients, coworkers, and self. They will prevent injury or illness through safe work practices and follow health and safety policies and procedures.

3 2 1 N

- ___ ___ ___ ___1. Demonstrate the ability to determine unsafe environmental conditions using a sling psychrometer, lightning detector, heat index, flash-to-bang method, and wind chill factor.
- ___ ___ ___ ___2. Apply principles of personal safety practices to include hygiene, sanitation, body mechanics, and ergonomics.

8: Teamwork

Healthcare professionals will understand the roles and responsibilities of individual members as part of the healthcare team, including their ability to promote the delivery of quality healthcare. They will interact effectively and sensitively with all members of the healthcare team.

3 2 1 N

- ___ ___ ___ ___1. Analyze the role(s) of each member of the sports medicine team.
- ___ ___ ___ ___2. Examine how sports medicine team members interact with each other.

9: Health Maintenance Practices

Healthcare professionals will understand the fundamentals of wellness and the prevention of disease processes. They will practice prevention health behaviors among the clients.

3 2 1 N

- ___ ___ ___ ___1. Demonstrate and/or discuss the differences between isometric, isotonic, and isokinetic strengthening techniques for specific body areas and/or muscle groups.
- ___ ___ ___ ___2. Describe the use of therapeutic drugs in sports medicine.
- ___ ___ ___ ___3. Describe drug and alcohol use, abuse, and treatment.

- ___ ___ ___ ___4. Describe the use and abuse of performance enhancing drugs and ergogenic aids.

10: Technical Skills

Healthcare professionals will apply technical skills required for all career specialties. They will demonstrate skills and knowledge as appropriate.

3 2 1 N

- ___ ___ ___ ___1. Explain and/or demonstrate the appropriate assessment, care, and rehabilitation of the following:
 - ankle, foot, and lower leg;
 - knee;
 - thigh, hip, and pelvis;
 - thorax and abdomen;
 - spine;
 - head (including ears, eyes, and nose) and neck;
 - shoulder and upper arm; and
 - elbow, forearm, wrist, and hand.
- ___ ___ ___ ___2. Identify and demonstrate evaluation skills such as:
 - history,
 - observation,
 - palpation, and
 - special tests.
- ___ ___ ___ ___3. Describe and discuss the process of dealing with catastrophic injury and/or death in the athletic environment.
- ___ ___ ___ ___4. Identify, compare, contrast, and demonstrate the various types of rehabilitation techniques.
- ___ ___ ___ ___5. Describe the indications, contraindications, and the application of the following:
 - cryotherapy,
 - thermotherapy,
 - electrotherapy,
 - ultrasound,
 - traction,
 - intermittent compression, and
 - therapeutic massage.
- ___ ___ ___ ___6. Design a rehabilitation program for an

injury.

- ___ ___ ___ ___7. Demonstrate the ability to fit crutches and instruct the patient in three-point and four-point gaits.
- ___ ___ ___ ___8. Identify splinting materials for musculoskeletal injuries, and demonstrate appropriate application of the device.
- ___ ___ ___ ___9. Demonstrate appropriate methods for removing helmet facemask and applying spine board.
- ___ ___ ___ ___10. Identify and demonstrate methods for transporting an injured athlete from the field of play to the sideline or medical facility.

11: Information Technology Applications

Healthcare professionals will use information technology applications required within all career specialties. They will demonstrate use as appropriate to healthcare applications.

3 2 1 N

- ___ ___ ___ ___1. Explore information through the use of the Internet.
- ___ ___ ___ ___2. Use computer applications to create pertinent sports medicine forms and presentations.