

Program CIP: 310505
5555 Sports Medicine 1 Essentials

Standard	Objective	Reason
1. Academic foundations	1. Identify major bones and muscle groups 2. Differentiate between various types of body tissues (muscle, bone, tendon, ligament, cartilage) 3. Differentiate between common types of acute and chronic injuries (sprains, strains, fractures, tendonitis, etc) 4. Differentiate between various stretching techniques.	1. Will need all of these standards to build on content for injuries in SM2
2. Communication	1. Identify athletic training room forms such as treatment logs, rehab records, emergency information cards and consent forms	1. Will be important to build on these concepts for documentation in SM 2
4. Employability skills	1. Demonstrate basic professional standards as they apply to hygiene, dress, language, confidentiality and behavior. 2. Identify personal traits or attitudes desirable in a member of the career ready healthcare team	1. Regardless of career path employability skills will be beneficial to students as they pursue healthcare careers.
5. Legal responsibilities	1. Recognize and explain the differences in HIPAA and FERPA	1. This provides a basic understanding of the laws which those in sports medicine field interact with daily.
7. Safety practices	1. Identify various blood borne pathogens 2. Practice infection control procedures based on standard precautions (OSHA/CDC) 3. Explain personal safety practices to include hygiene, sanitation, body mechanics and ergonomics. 4. Identify the components of a venue specific emergency action plan.	1. Regardless of healthcare career path all students should have a working knowledge of BBP and infection control procedures
8. Teamwork	1. Identify the members and roles of the sports medicine team	1. Understand chain of command and actions of sports medicine team members.

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9. Health Maintenance	1. Discuss nutritional concerns of athletes including hydration, types of diet, nutritional and performance enhancing supplements and pre/post game meal considerations. 2. Describe the significance of health screenings and examinations (pre-participation exams) 3. Identify practices that promote prevention of disease and injury through education 4. Explain the relationships between poor body mechanics and potential for injury 5. Discuss complementary and alternative health care practices.	1. Nutrition is an important part of the prevention of injuries and students should understand how this can provide ample fuel for the athlete. 2. Health screenings and promoting prevention of disease and injury are an important part of any healthcare career. Prevention is the #1 goal of Sports Medicine field.
10. Technical Skills	1. Demonstrate basic first aid skills 2. Demonstrate CPR and AED use 3. Observe, measure, record and evaluate vital signs 4. Recognize basic terminology of taping, padding and wrapping procedures.	1. Healthcare professionals should be able to provide basic care in a time of need. These skills are critical for students to have and difficult to add to the content already in advanced classes – in fact I would probably put this at the top of my list.