

**Program CIP: 310505**  
**5556 Sports Medicine 2 Essentials**

| Standard                  | Objective                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Reason                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Academic Foundation    | <ol style="list-style-type: none"> <li><b>1. Describe general injury causations and/or mechanisms</b></li> <li>Describe the phases of the soft tissue and bony healing processes.</li> <li><b>3. Describe the components of the evaluation process, such as history, observation, palpation and special tests</b></li> <li>Describe the appropriate assessment, care and rehabilitation of the following areas: <b>ankle, knee, shoulder</b></li> <li><b>5. Identify anatomical landmarks as it relates to injury evaluation</b></li> <li>Describe the phases of a rehabilitation program</li> <li>Identify various rehabilitation techniques, goals and strategies.</li> <li>Describe considerations for treating injuries in various stages of the healing process.</li> </ol> | <p>1. Students must understand HOW and WHY injuries happen in order to better understand how to evaluate and treat.</p> <p>2, 5, 6, 7, 8. Understanding that healing is a process helps to also understand that rehab is a process with various goals being met along the way.</p> <p>3. Evaluating a patient is also a process and it is important to highlight the importance of doing it the same each time and appropriate documentation.</p> <p>4. The ankle, knee and shoulder are the most commonly injured joints in athletics.</p> |
| 2. Communication          | <ol style="list-style-type: none"> <li>Demonstrate obtaining pertinent patient information</li> <li>Create an injury report using the SOAP note.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <ol style="list-style-type: none"> <li>Obtaining thorough and complete patient information and documenting appropriately are keys for any sports medicine professional.</li> </ol>                                                                                                                                                                                                                                                                                                                                                          |
| 3. Systems                | <ol style="list-style-type: none"> <li>Describe the components and functionality of a sports medicine facility</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <ol style="list-style-type: none"> <li>Understanding all of the components of a sports medicine facility will allow students to sports medicine field can offer to all athletes which is more than just taping and ice.</li> </ol>                                                                                                                                                                                                                                                                                                          |
| 4. Employability Skills   | <ol style="list-style-type: none"> <li>Demonstrate basic professional standards as they apply to hygiene, dress, language, confidentiality and behavior.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <ol style="list-style-type: none"> <li>Regardless of career path employability skills will be beneficial to students as they pursue healthcare careers.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                          |
| 5. Legal Responsibilities | <ol style="list-style-type: none"> <li>Identify duties of sports medicine providers according to regulations, policies, laws and legislated rights of patients.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <ol style="list-style-type: none"> <li>Understanding the regulations and policies that sports medicine professionals use as guidelines to their practice is important to understanding why some decisions are made – even if they aren’t “popular”.</li> </ol>                                                                                                                                                                                                                                                                              |
| 6. Ethics                 | <ol style="list-style-type: none"> <li>Identify responsible practices within the ethical framework of the sports medicine profession</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <ol style="list-style-type: none"> <li>There are lots of legal and ethical situations in athletics today. Students must</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                          |

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|                      | <ol style="list-style-type: none"><li>2. Differentiate between ethical and legal issues and practices impact sports medicine professionals.</li></ol>                                                                                                                 | be able to identify the various situations and think critically about how a healthcare professional should act – not how they might act.                                                                                                                                                                                                                                                                                                                                    |
| 7. Safety Practices  | <ol style="list-style-type: none"><li>1. Apply principles of personal safety practices</li><li>2. Demonstrate appropriate use of infection control measures.</li></ol>                                                                                                | <ol style="list-style-type: none"><li>1. Regardless of healthcare career path all students should have a working knowledge of BBP and infection control procedures and be able to help if needed in an emergency situation.</li></ol>                                                                                                                                                                                                                                       |
| 10. Technical Skills | <ol style="list-style-type: none"><li>1. Observe, measure, record and evaluate vital signs</li><li>2. Demonstrate basic taping and wrapping skills</li><li>3. Demonstrate specific joint motions, stretching techniques and relate to anatomical landmarks.</li></ol> | <ol style="list-style-type: none"><li>1. Healthcare professionals should be able to assess the vital signs of an athlete to determine if it is a critical situation and further medical help is needed.</li><li>2. Basic taping and wrapping is a fundamental part of the prevention and treatment of athletic injuries.</li><li>3. Understanding what normal joint motion is will allow students to determine if something is abnormal and needs to be assessed.</li></ol> |