

**PHYSICAL HEALTHCARE SUBCLUSTER**  
**SPORTS MEDICINE 2 - 5556**

**COURSE DESCRIPTION:** Sports Medicine 2 emphasizes the recognition and care of common injuries and illnesses sustained by a physically active population. The subject matter will include discussion of specific sports medicine conditions, concepts of therapeutic modalities, treatment and rehabilitation of injuries.

**GENERAL REQUIREMENTS:** This course is recommended for students in the grades 10-12. Students must have successfully completed Sports Medicine 1 with a 75% or higher. It is recommended that students successfully complete either Medical Terminology, Health Science Human Structure Function and Disease, or Anatomy and Physiology prior to taking SM2.

**PRE-REQUISITES:** Successful completion of Sports Medicine 1 (75% or higher) and Biology.

**CREDIT:** 1 unit (120 hours)

**CONCENTRATOR:** Completes SM1 & SM2

**COMPLETERS:**

*Example of a three-unit completer:* SM1, SM2, SM3 (or in lieu of SM3, Medical Terminology, Health Science Human Structure and Function, PLTW Human Body Systems, AHS 102, or AHS 104)

*Example of four-unit completer – SM1, SM2, Med Term, SM WB or SM 1, SM 2, HS 1, HS 2*

Please refer to the completer requirements found on the SCDE website.

**STACKABLE CREDENTIALS:** Please refer to the updated tiered credential list on the SCDE Website. This course would be suitable for Tier One or Tier Two Credentials. Examples: First-Aid, CPR, Stop the Bleed, or any other applicable credentials as listed in the Student Reporting Guide

**CURRICULAR ACTIVITIES:** HOSA–Future Health Professionals, Service-Learning Projects

## STANDARDS

### Foundation Standard 1: Academic Foundation

Understand human anatomy, physiology, common diseases and disorders, and medical math principles.

1. Describe general injury causations and/or mechanisms.
2. Describe tissue's physiological responses to injury.
3. Describe the physiology of pain.
4. Describe and explain the phases of the soft-tissue and bony healing processes.
5. Describe the general medical conditions and injuries of the following body systems, which affect or are common to athletic participation: cardiovascular, respiratory, muscular, skeletal, nervous, gastrointestinal, excretory, reproductive, endocrine, and integumentary (skin).
6. Describe the components of the evaluation process, such as history, observation, palpation, and special tests.
7. Describe the appropriate assessment, care, and rehabilitation of the following areas:
  - a. ankle/foot
  - b. knee
  - c. hip/pelvis
  - d. thorax/abdomen
  - e. head/spine/face
  - f. shoulder
  - g. elbow
8. wrist/hand Describe the process of dealing with catastrophic injury and death in athletics.
9. Describe the phases of a rehabilitation program.
10. Describe the indications and contraindications of common therapeutic modalities, including:
  - a. cryotherapy
  - b. thermotherapy
  - c. electrotherapy
  - d. ultrasound
  - e. intermittent compression
  - f. therapeutic massage.
11. Describe considerations for treating injuries in various stages of the healing process.

**Foundation Standard 2: Communications**

Demonstrate methods of delivering and obtaining information, while communicating effectively.

1. Demonstrate obtaining pertinent patient information:
  - a. demographics
  - b. medical history
  - c. injury history
  - d. progress
2. Create an injury report using the SOAP Note (Subjective, Objective, Assessment, Plan) format.
3. Demonstrate use of forms such as treatment logs, rehabilitation records, emergency information cards, and consent forms.
4. Demonstrate elements of written and electronic communication:
  - a. spelling
  - b. grammar
  - c. formatting
  - d. confidentiality
5. Engage in active listening and demonstrate comprehension of verbal instructions, requests, and other information to verify accuracy.

**Foundation Standard 4: Employability Skills**

Use employability skills to enhance employment opportunities and job satisfaction.

1. Initiate components of a personal portfolio to potentially include:
  - a. resume
  - b. cover letter
  - c. sample projects
  - d. writing sample
  - e. work-based learning documentation
  - f. oral reports, service learning
  - g. community service
  - h. certifications or credentials
  - i. technology skills
  - j. leadership experience
  - k. student and/or professional organization memberships or recognitions etc.
2. Develop a job description for a sports medicine related career.

## **Foundation Standard 5: Legal Responsibilities**

Describe legal responsibilities, limitations, and implications on healthcare worker actions.

1. Identify duties of sports medicine providers according to regulations, policies, laws, and legislated rights of patients.
2. Compare and contrast the scope of practice among regulated healthcare professionals, students, and other individuals.
3. Apply procedures for proper documentation and storage of medical records.
4. Explain the laws governing harassment, labor, and employment.
5. Understand Title IX and how it relates to equity in sports.
6. Review the “Good Samaritan Law” and how it relates to lay persons vs. licensed medical professionals.

## **Foundation Standard 6: Ethics (Located in SM 1)**

## **Foundation Standard 7: Safety Practices**

Identify existing and potential hazards to clients, co-workers, and self. Employ safe work practices and follow health and safety policies and procedures to prevent injury and illness.

1. Apply principles of personal safety practices to include
  - a. hygiene
  - b. sanitation
  - c. body mechanics
  - d. ergonomics
2. Explain the importance of appropriate sports medicine and athletic facility inspections and maintenance.
3. Demonstrate appropriate use of infectious disease control measures as established by the Occupational Safety and Health Administration (OSHA) and the Center for Disease Control (CDC).

## **Foundation Standard 8: Teamwork**

Identify roles and responsibilities of individual members as part of the healthcare team.

1. Demonstrate effective collaboration as members of an interdisciplinary team.
2. Recognize characteristics of effective teams.
3. Discuss methods for building positive team relationships.

4. Act responsibly as a team member.

### **Foundation Standard 9: Health Maintenance Practices**

Differentiate between wellness and disease. Promote disease prevention and model healthy behaviors.

1. Explore the use of therapeutic drugs in sports medicine.
2. Describe the difference between over the counter and prescription medications and their uses.
3. Discuss the different classifications of common medications.
4. Identify safety guidelines associated with proper medication use including:
  - a. storage
  - b. indications
  - c. contraindications
  - d. side-effects
  - e. interactions

### **Foundation Standard 10: Technical Skills**

Apply and demonstrate technical skills and knowledge as appropriate while participating as an athletic training student aide or work-based learning student, under the supervision of a sports medicine professional.

1. Demonstrate the ability to fit crutches.
2. Instruct the proper use of crutches in three-point and four-point gaits.
3. Observe, measure, record, and evaluate vital signs including normal ranges for:
  - a. temperature
  - b. skin color
  - c. pulse
  - d. respiration
  - e. level of consciousness
  - f. blood pressure
4. Demonstrate appropriate stretching techniques to improve musculoskeletal flexibility.
5. Demonstrate basic taping and wrapping skills for the prevention of common musculoskeletal injuries.
6. Demonstrate specific joint motions (elbow flexion, ankle inversion, etc.)



7. Locate anatomical landmarks (olecranon process, lateral malleolus, etc.) common to sports injuries.
8. Demonstrate using various splinting materials and devices used in a sports medicine setting.
9. Demonstrate appropriate components of care for the spine-injured athlete.
10. Identify various rehabilitation techniques, goals, and strategies.
11. Demonstrate Healthcare Basic Life Support CPR/AED.

## **Foundation Standard 11: Information Technology Applications**

Apply information technology applications common across health professions.

1. Evaluate the validity of information from web-based resources.
2. Use computer applications to create pertinent sports medicine forms and/or presentations.
3. Identify various uses of technology in injury evaluation and tracking.
4. Demonstrate the use of basic computer operations and file organization.
5. Discuss the use of appropriate email, social, and educational media.