

# INTRODUCTION TO SPORTS MEDICINE

**Subject Area:** Career & Technology

**Grade Level:** 10-12

**Overview** Introduction to Sports Medicine provides an opportunity for the study and application of the components of sports medicine including but not limited to: sports medicine related careers, organizational and administrative considerations, prevention of athletic injuries, recognition, evaluation, and immediate care of athletic injuries, rehabilitation and management skills, taping and wrapping techniques, first aid/CPR/AED, emergency procedures, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, and therapeutic exercise.

## Learning Goals & Outcomes

- Students will be able to describe the history of sports medicine/athletic training.
- Students will identify essential components of a training program.
- Students will be able to describe anatomy/physiology as related to sports.
- Students will demonstrate proper first aid/CPR skills.
- Students will be able to identify the proper treatment and evaluation of injuries.
- Students will be able to explain the different therapeutic modalities.
- Students will be able to demonstrate proper taping techniques.
- Students will be able to identify the effects of performance enhancing drugs and anabolic steroids.
- Students will identify career opportunities relating to Sports Medicine.
- Students will be able to describe sports related professional liability & responsibilities.

- I. Introduction & Exploration of Therapeutic Careers**
  - a. History of Sports Medicine/Athletic Training
  - b. Roles & Responsibilities in Sports Medicine/Athletic Training
  - c. Components of a Sports Medicine/Athletic Training Program
  - d. Emergency Plans
- II. Medical Terminology**
  - a. Prefixes - Suffixes - Word Parts
  - b. Position & Directional Terms
  - c. Movements
- III. Anatomy and Physiology Review**
  - a. Skeletal System
  - b. Muscular System
  - c. Circulatory System
  - d. Respiratory System
  - e. Nervous System
  - f. Digestive System

#### IV. First Aid/CPR

#### V. Nutrition & the Athlete

- a. Body Composition
- b. Fluid importance
- c. Pre/Post game meals
- d. Eating Disorders
- e. Steroids
- f. Performance Enhancers

#### VI. Sport Psychology

#### VII. Kinesiology

- a. Taping/Wrapping

#### VIII. Injury Assessment & Management

- a. Bones & Soft Tissues
- b. Pre-Season Conditioning
- c. Bleeding & Shock
- d. Concussions
- e. Therapeutic Modalities
- f. The Foot/Ankle/Lower Leg
- g. The Knee
- h. The Hip & Pelvis
- i. The Shoulder
- j. The Chest & Abdomen
- k. The Head & Face
- l. The Spine
- m. The Elbow/Wrist/Hand
- n. Special Considerations

#### IX. Performance Assessments

Demonstrate the following performance skills:

- Prepare a basic SOAP note.
- Obtain CPR certification.
- Perform a primary and secondary survey.
- Perform a general HIPS survey.
- Demonstrate the R.I.C.E. method for acute injuries.
- Possible Careers Video Project
- Design a Training Room/EAP
- Food Diary Project
- Supplements/Enhancement/Steroid Project
- Medical Terminology Project

**Grading Procedures:** Students are expected to complete all assigned activities. Each activity will be assigned a certain number of points. Your grade will be computed by the number you earned divided by the number possible. EX:  $45/50 = 90\%$ . Grades will be computed using a 30% - homework/classwork and 70% - Tests, Quizzes & possible Group Projects.

Students will hand in assignments on the date they are due. Late assignments will receive half credit. Students will receive **NO CREDIT** if they are caught cheating or plagiarizing; students should refer to their student handbook for details.

Assignments may include worksheets, projects, computer internet activities and other activities that relate to sports medicine and/or athletic training. Tests may be retaken to earn a better grade. Arrangements need to be made with me for a scheduled time. This must be done within one week of the scheduled test date.

**Suggested supplies for class:** a 3 ring binder; divider tabs; pens/pencils; Index Cards (3 x 5 or 4 x 7 to be cut) and colored pencils.

**Student materials:** Curriculum material from Washington, Utah, North & South Carolina, Georgia and the University of Nebraska at Lincoln has been utilized.

**Contact Information:** Email - [demcneel@ginorthwest.org](mailto:demcneel@ginorthwest.org)  
Planning period: 11:08 - 11:52 am; phone: 385-6394 ext. 5165

---

Student Signature

---

Date

---

Parent Signature