

Course Title: Sports Medicine

Unit:1	Career Opportunities
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Content Standard(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify roles and responsibilities of sports medicine professionals.
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Learning Objective(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <ol style="list-style-type: none"> 1. Explore therapeutic careers in the exercise science/sports profession. 2. Describe the roles and responsibilities of sports medicine professionals. 3. Identify educational requirements for a variety of exercise science/sports medicine professionals. 4. Discuss career settings and job descriptions
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Essential Question(s):	What essential knowledge and skills are necessary to be successful in the field of sports medicine?
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Content Knowledge	Suggested Instructional Activities Rigor & Relevance Framework (Quadrant)	Suggested Materials, Equipment and Technology Resources
<ol style="list-style-type: none"> 1. Careers in Sports Medicine <ol style="list-style-type: none"> a. Athletic Trainers b. Physical Therapist c. Exercise Physiologist c. Strength & Conditioning Coach 2. Roles and Responsibilities of the sports medicine professional <ol style="list-style-type: none"> a. Injury prevention b. Recognition, evaluation of athletic injuries c. Rehabilitation of athletic injuries d. Health care administration 	<p>Read and discuss unit Lecture and note taking Two minute talks Demonstrations</p>	<p>Textbooks Computer Software Student Activity Handbook</p>

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Unit Assessment:	Chapter Test, Group Work, Oral Presentation, Posters, Research Projects, Demonstrations, Simulations
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Unit/Course CTSO Activity:	HOSA Sports Medicine Event
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Unit/Course Culminating Product:	Presentation Board/Teaching a lesson
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Course/Program Credential(s): X <input type="checkbox"/> Credential <input type="checkbox"/> Certificate <input type="checkbox"/> Postsecondary Degree <input type="checkbox"/> University Degree <input type="checkbox"/> Other:

Course Title: Sports Medicine

Unit:2	Anatomy
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Content Standard(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <ol style="list-style-type: none"> Describe the structure and function of the human body systems as they relate to sports.
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Learning Objective(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <ol style="list-style-type: none"> Identify the structures and function of the human body systems as they relate to sports. Define the anatomical planes and describe the anatomical positions Label general muscular and boney anatomy. Describe the functions of skin, bone, muscle, ligament, tendon and cartilage. Describe the classification of joints and motions produced. Utilize medical terminology, abbreviations, and root words to describe injured and disease conditions.
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Essential Question(s):	What are the knowledge and skills needed by workers in the sports medicine field?
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Content Knowledge	Suggested Instructional Activities Rigor & Relevance Framework (Quadrant)	Suggested Materials, Equipment and Technology Resources
<ol style="list-style-type: none"> Structures and function of the human body <ol style="list-style-type: none"> Common medical terminology Body tissues, Bones, Cartilage Muscles, Tendons and ligaments Classifications of joints Functional activities of musculoskeletal system <ol style="list-style-type: none"> Movement Protection 	Worksheets Lab assignment Research project Demonstrations Guided practice	Textbook Classroom resources Models Lab equipment and supplies Instructional Technology

c. Support

Unit Assessment:	Test, Project, Lab Assessment, Simulations
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Unit/Course CTSO Activity:	Sports Medicine HOSA Competitive Event, Physical Therapy
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Unit/Course Culminating Product:	Intern with a sports medicine professional
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Course/Program Credential(s): X <input type="checkbox"/> Credential <input type="checkbox"/> Certificate <input type="checkbox"/> Postsecondary Degree <input type="checkbox"/> University Degree <input type="checkbox"/> Other:

Course Title: Sports Medicine

Unit:3	Communication Skills
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Content Standard(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <ol style="list-style-type: none"> 1. Utilize effective communication skills needed in sports medicine. <ul style="list-style-type: none"> • Documenting injury summaries using medical terminology.
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Learning Objective(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <ol style="list-style-type: none"> 1. Describe effective communication skills needed in sports medicine. <ul style="list-style-type: none"> • Use medical terminology for documenting injury summaries. 2. Outline communication guidelines related to sports medicine
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Essential Question(s):	What are the knowledge and skills needed by workers in the sports medicine field?
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Content Knowledge	Suggested Instructional Activities Rigor & Relevance Framework (Quadrant)	Suggested Materials, Equipment and Technology Resources
<ol style="list-style-type: none"> 1. Effective communication skills <ol style="list-style-type: none"> a. Verbal b. Non-verbal c. Body language d. Listening e. Recording and Reporting 2. Barriers to communication <ol style="list-style-type: none"> a. Physical disabilities b. Psychological c. Cultural Diversity 	Worksheets Collaborative Learning Flashcards, games Case studies Group activities	Textbook Classroom Resources Instructional Technology Scenarios

Unit Assessment:	Tests and quizzes, simulations, observation scales
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Unit/Course CTSO Activity:	Sports Medicine Competitive Event
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Unit/Course Culminating Product:	Intern with a sports medicine professional
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Course/Program Credential(s): X Credential Certificate Postsecondary Degree University Degree
 Other:

Course Title: Sports Medicine

Unit:4	Employability Skills
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Content Standard(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <p>4. Demonstrate workplace readiness skills in sports medicine. Examples: regular attendance, efficient time management, adherence to dress code</p>
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Learning Objective(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <p>1. Describe characteristics of workplace readiness in the field of sports medicine. 2. Identify the basic job-keeping skills related to sports medicine</p>
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Essential Question(s):	What are the knowledge and skills needed by workers in the sports medicine field?
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Content Knowledge	Suggested Instructional Activities Rigor & Relevance Framework (Quadrant)	Suggested Materials, Equipment and Technology Resources
<p>1. Workplace Readiness</p> <ul style="list-style-type: none"> a. Positive attitude b. Willingness to learn c. Knowledge of job d. Use of correct grammar/terminology <p>2. Job-keeping Skills</p> <ul style="list-style-type: none"> a. Educational preparation b. Experience in field c. Punctual attendance d. Productive work habits e. Problem-solving skills 	<p>Read text and complete worksheet</p> <p>Ten plus Two</p> <p>Simulations</p>	<p>Textbook</p> <p>Whiteboard</p> <p>Media</p>

Unit Assessment:	Interview, report, teacher observation, play-acting
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Unit/Course CTSO Activity:	Sports Medicine HOSA competitive event
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Unit/Course Culminating Product:	Intern with a sports medicine professional
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Course/Program Credential(s): X <input type="checkbox"/> Credential X <input type="checkbox"/> Certificate <input type="checkbox"/> Postsecondary Degree <input type="checkbox"/> University Degree <input type="checkbox"/> Other:

Course Title: Sports Medicine

Unit:5	Safety
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Content Standard(s) and Depth of Knowledge Level(s):	Students will: 5. Demonstrate safety skills needed in sports medicine, including preventing injuries and illnesses.
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Learning Objective(s) and Depth of Knowledge Level(s):	Students will: 1. Identify safety skills needed in the field of sports medicine in order to prevent injuries and illnesses. 2. Identify common communicable diseases affecting athletes. 3. Explain occupational safety standards affecting healthcare in sports medicine. 4. Perform principles of infection control in sports medicine.
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Essential Question(s):	What knowledge and skills are needed by workers in the field of sports medicine?
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Content Knowledge	Suggested Instructional Activities Rigor & Relevance Framework (Quadrant)	Suggested Materials, Equipment and Technology Resources
1. Safety Equipment <ul style="list-style-type: none"> a. Protective equipment b. Protective taping and wrapping 2. Safety Standards <ul style="list-style-type: none"> a. Occupational Safety and Health Administrative Standards (OSHA) b. Bloodborne Pathogen Standard 3. Body Mechanics	Read text and complete worksheet Demonstrations Four Corners	Textbooks, assignment sheets Labs Posters, safety scenarios

Unit Assessment:	Safety quiz, lab demonstrations
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Unit/Course CTSO Activity:	Sports Medicine HOSA competitive event
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Unit/Course Culminating Product:	Intern with a sports medicine professional
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Course/Program Credential(s): X <input type="checkbox"/> Credential <input type="checkbox"/> Certificate <input type="checkbox"/> Postsecondary Degree <input type="checkbox"/> University Degree <input type="checkbox"/> Other:

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Unit:6	Legal and Ethical Implications
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Content Standard(s) and Depth of Knowledge Level(s):	Students will: 6. Describe legal and ethical responsibilities required in sports medicine.
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Learning Objective(s) and Depth of Knowledge Level(s):	Students will: 1. Identify legal and ethical responsibilities required of workers in the sports medicine field. 2. Examine legal and ethical ramifications of behavior as a sports medicine provider. 3. Outline legal and ethical standards such as Patient Bill of Rights and (HIPPA) Health Insurance Portability And Accountability Act.
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Essential Question(s):	What knowledge and skills are needed by workers in the field of sports medicine?
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Content Knowledge	Suggested Instructional Activities Rigor & Relevance Framework (Quadrant)	Suggested Materials, Equipment and Technology Resources
1. Legal Liabilities <ul style="list-style-type: none"> a. Negligence b. Assumption of risk c. Informed consent d. Proximate cause 2. Ethical Issues <ul style="list-style-type: none"> a. Standards of Professional Conduct b. Confidentiality Issues 	Read text and complete unit worksheet Demonstration of knowledge in the clinical area	Textbook, assignment sheets Clinical assignment

Unit Assessment:	Unit quiz, clinical demonstration/evaluation
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Unit/Course CTSO Activity:	Sports Medicine HOSA competitive event
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Unit/Course Culminating Product:	Intern with a sports medicine professional
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Course/Program Credential(s): X Credential Certificate Postsecondary Degree University Degree
 Other:

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Unit:7	Dietary Requirements
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Content Standard(s) and Depth of Knowledge Level(s):	Students will: 7. Utilize dietary guidelines including the Recommended Dietary Allowance (RDA) to plan menus that meet various nutritional needs of the athlete.
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Learning Objective(s) and Depth of Knowledge Level(s):	Students will: 7. Plan menus that meet various nutritional needs of the athlete including the Recommended Dietary Allowance (RDA).
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Essential Question(s):	What knowledge and skills are needed by workers in the field of sports medicine?
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Content Knowledge	Suggested Instructional Activities Rigor & Relevance Framework (Quadrant)	Suggested Materials, Equipment and Technology Resources
1. Dietary needs of the athlete <ul style="list-style-type: none"> a. Maintenance diet b. Weight gain c. Weight loss diet d. Pregame meals e. Postgame meals 2. Nutritional Supplements <ul style="list-style-type: none"> a. Creative b. Amino Acids 	Planning menus Demonstration Lecture Research	Food Guide Pyramid, Fact sheets, Menu forms, Buzz sessions Textbook, assignment sheets

Unit Assessment:	Development of menus, Unit quiz
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Unit/Course CTSO Activity:	Sports Medicine HOSA competitive event
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Unit/Course Culminating Product:	Intern with a sports medicine professional
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Course/Program Credential(s): X Credential Certificate Postsecondary Degree University Degree
 Other:

Course Title: Sports Medicine

Unit:8	Emergency Plans
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Content Standard(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <p>10. Write an emergency plan for handling a catastrophic injury or death in the athletic environment.</p>
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Learning Objective(s) and Depth of Knowledge Level(s):	<p>Students will:</p> <ol style="list-style-type: none"> 1. Develop and emergency plan for handling a catastrophic injury or death in the athletic environment. 2. Explain the difference between primary and secondary assessment. 3. Identify the ABC's of a life-threatening emergency. 4. Explain when cardiopulmonary resuscitation is used. 5. Recognize the signs and symptoms that require emergency medical attention. 6. Develop an emergency plan for handling a catastrophic injury or death.
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Essential Question(s):	What knowledge and skills are needed by workers in the field of sports medicine?
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Content Knowledge	Suggested Instructional Activities Rigor & Relevance Framework (Quadrant)	Suggested Materials, Equipment and Technology Resources
<ol style="list-style-type: none"> 1. Components of crisis plan <ol style="list-style-type: none"> a. Medical responders b. Protocol for assessment c. Designated caller for emergency assistance d. Environmental control <ol style="list-style-type: none"> (1) Supplies and equipment (2) Transportation methods e. Records/Documentation f. Press assignments 2. Emergency Procedures <ol style="list-style-type: none"> a. Primary and secondary assessment b. Determining responsiveness 	<p>Simulations Role playing Guided practice Case Studies/Scenarios</p>	

- c. ABC's
- d. Breathing Emergencies
- e. Obstructed Airways
- f. Heart Attack
- g. Hemorrhage
- h. Shock

Unit Assessment:	Emergency Plan
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Unit/Course CTSO Activity:	Sports Medicine HOSA competitive event
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Unit/Course Culminating Product:	Intern with a sports medicine professional
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Course/Program Credential(s): X <input type="checkbox"/> Credential <input type="checkbox"/> Certificate <input type="checkbox"/> Postsecondary Degree <input type="checkbox"/> University Degree <input type="checkbox"/> Other:

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Unit:9	Technical Skills
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Content Standard(s) and Depth of Knowledge Level(s):	Students will: 8. Describe technical skills needed in sports medicine.
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Learning Objective(s) and Depth of Knowledge Level(s):	Students will: 1. Demonstrate technical skills needed in sports medicine such as taping, and strengthening.
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Essential Question(s):	What knowledge and skills are needed by workers in the field of sports medicine?
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Content Knowledge	Suggested Instructional Activities Rigor & Relevance Framework (Quadrant)	Suggested Materials, Equipment and Technology Resources
1. Technical Skills <ul style="list-style-type: none"> a. Tapering b. Strengthening c. Bracing d. Reconditioning 2. First Aid <ul style="list-style-type: none"> a. Resuscitation Skills b. CPR 3. Psychological Support 4. Medical Conditions <ul style="list-style-type: none"> a. Appendicitis b. Diabetes c. Diabetic Coma d. Insulin Shock 	Demonstrate lab skills related to sports medicine. Field Trip to Physical Therapy/Sports Medicine Dept.	Sports medicine equipment/supplies Media Guest Speakers Internet Research

Unit Assessment:	Unit quiz, Lab demonstrations
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Unit/Course CTSO Activity:	Sports Medicine HOSA competitive event
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Unit/Course Culminating Product:	Intern with a sports medicine professional
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Course/Program Credential(s): X <input type="checkbox"/> Credential <input type="checkbox"/> Certificate <input type="checkbox"/> Postsecondary Degree <input type="checkbox"/> University Degree <input type="checkbox"/> Other:
