**Essential Standard: Evaluate the various levels of administration and the organizationof a Sports Medicine program.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Objective | Benchmark/Skills | Vocabulary | Methods | Assessment |
| Summarize the profession of sports medicine in modern day athletics.Analyze opportunities in the field of sports medicine in terms of the educational requirements, necessary skills, and careers available.Design the essential areas and components of an athletic training including proper uses and correct equipment necessary. | Explain the origins of athletic training. Explain the different professions associated with Sports medicine.Explain the certification process of becoming an ATC.Detail the skills, roles and responsibilities of a certified athletic trainer.Identify various professional organizations at the state, regional, and national level for certified athletic trainers.List the various work settings available for a certified athletic trainer.List the areas and equipment needs typically found in an athletic training room and their specifications. | Sports MedicineAthletes Circle of CareAthletic TrainingCertified Athletic TrainerTeam physicianOrthopedistGeneral PractitionerPhysician AssistantPhysical TherapistMassage TherapistStrength & Conditioning specialistSports NutritionistSports PsychologistNational Athletic Trainers’ Association (NATA)NATA Board of CertificationLicensureAthletic Training RoomElectrical modalityMechanical modalityThermal modalityGround Fault InterrupterMedical KitSharps equipment |  |  |

**Essential Standard: Develop proper recognition, evaluation, and management skills related to emergency, first aid, and athletic injuries.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Objective | Benchmark/Skills | Vocabulary | Methods | Assessment |
| Differentiate between emergencies and non-emergencies.Demonstrate proper management protocols for the handling of breathing emergencies including CPR techniques and the correct use of the Automated External Defibrillator.Recognize the signs and symptoms of shock.Identify the treatment methods for the various types of shock.Analyze the various infectious diseases commonly seen in athletics. Apply proper techniques following standard precautions as outlined by OSHA.Explain how the body is affected during athletic participation by environmental and weather-related factors including physiological responses, injuries, concerns, and management of these issues.Compare and contrast various types of bleeding and the management of each. | List examples of medical emergencies.List examples of non-emergencies.Assess the safety of the scene.Assess the responsiveness of a victim.Explain the process for activating the Emergency Medical System.Demonstrate proper procedures for opening an airway and checking for breathing.Demonstrate their ability to deliver two effectively administer CPR.Determine the appropriate protocol for using or not using an AED.Demonstrate proper techniques for using an AED on a child and adult. Recognize the signs and symptoms of the different types of shock.Design a treatment protocol for the various types of shock.Identify common infectious diseases associated with athletics.Describe the modes of transmission of infectious diseases.Identify the standard precautions set forth by OSHA.Demonstrate proper applications of standard precautions set forth by OSHA. Demonstrate proper hand washing techniques. Examine the five ways the body loses heat.Identify the factors that lead to an increase or decrease in body temperature. Categorize skin injuries that result from environmental factors.Assess the risk associated with thunderstorms.Estimate the distance a lightning strike is from your location. Design a treatment protocol for a person struck by lightning.Recognize the characteristics of types of bleeding.Select the appropriate techniques for bleeding wounds. | Primary SurveyCardiopulmonary Resuscitation (CPR)Automated External Defibulator (AED)Emergency Medical System (EMS)Emergency Medical Technician (EMT)American Heart Association (AHA)American Red CrossVital signsHeart AttackStrokeCoronary Heart DiseaseForeign body airway obstructionAnaphylacticCardiogenicHemorrhagicMetabolicNeurogenicPsychogenicRespiratorySeptic Bloodborne PathogenHIVHepatitis BHepatitis CMRSAStaphTuberculosisOccupational Safety and Health Administration (OSHA)Standard PrecautionContaminatedRespirationConductionConvectionRadiationEvaporationWind chill HypothermiaFrostnipFrostbiteHumidity Heat IndexHyperthermiaDehydrationSunburnHeat CrampsHeat SyncopeHeat ExhaustionHeatstrokeFlash-to-BangArterialVenousCapillary Gauze dressingOcclusive dressing |  |  |

**Essential Standard: Understand, conceptualize, and apply the concepts of anatomy, functional anatomy, kinesiology, and biomechanics as they relate to sports medicine.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Objective | Benchmark/Skills | Vocabulary | Methods | Assessment |
| Examine the anatomy of the cardiorespiratory system and their functions. Apply correct use of anatomical terminology including anatomical planes and positions.Evaluate the classifications of articulations, their anatomical structures, and movements.Classify the different types of bones that compose the axial and appendicular skeletons.Contrast the different types of bone injuries.Categorize various types of soft tissue structures and their functions in the body.Recognize and manage the various types of soft tissue injuries.  | List the different types of blood vessels in the body.Explain the components of blood and their functions.Label a diagram of the heart.Distinguish between oxygenated and deoxygenated blood as well as its path as it circulates through the body.Explain the purpose of valves within the circulatory system.Examine the cardiac conduction system.Understand the measurements of blood pressure and how they are used.Identify the anatomical directions based on anatomical position.Differentiate between the three anatomical planes and identify how they divide the body.Categorize the three joint classifications.Distinguish between the structure and function of the six types of synovial joints.Explain and demonstrate the various ranges of motions of synovial joints.Identify the four different bone types.Identify the gross anatomy of a bone.Identify and label the essential bones of the skeleton.Evaluate the different types of fractures.List and describe soft tissue types in the body.Explain the function of soft tissue structures.Identify common soft tissue injuries. | ArteriesCoronary arteryArteriolesVeinsVenulesCapillariesPlasmaRed Blood CellsHemoglobinWhite Blood CellsPlateletsSuperior/Inferior Vena CavaRight atriumTricuspid valveRight ventriclePulmonary valvePulmonary arteryLungsLeft atriumMitral (bicuspid) valveLeft ventricleAortic valveAorta SeptumPulsePulse pressureTarget Heart RateBlood pressureSystolicDiastolicAnatomical PositionAnteriorPosteriorSuperiorInferiorMidlineMedialLateralProximalDistalUnilateralBilateralSuperficial DeepCoronal PlaneSagittal PlaneTransverse PlaneSynarthrosisSuturesSyndesmosisGomphosisAmphiarthrosisDiarthrosisPivotGlidingHingeCondyloid (ellipsoidal)Ball and SocketSaddleSynovial capsuleSynovial fluidLigament Articular CartilageBursaFlexionExtensionHyperextensionAbductionAdductionRotationCircumductionSupinationPronationInternal RotationExternal RotationPlantar FlexionDorsiflexionInversionEversionProtractionRetractionElevationDepressionOppositionDiaphysisEpiphysisArticular CartilagePeriosteumMedullary CavityFlatIrregularShortLongSkullSternumRibsVertebraeClavicleScapulaHumerusRadiusUlnaCarpalsMetacarpalsPhalangesPelvisFemurPatellaTibiaFibulaTarsalsMetatarsalsPhalangesSimpleCompoundSubluxationDislocationDepressedGreenstickImpactedLongitudinalSpiralObliqueSerratedTransverseComminutedContrecoupBlowoutAvulsionStressSkinFasciaLigamentsTendonsMuscleCapsule BursaAbrasionsLacerationsAvulsionPunctureIncisionContusionHematomaBlisterStrainsSprainsTendinitisBursitis |  |  |

**Essential Standard: Assess the responsibility of an athlete as it relates to their participation in athletic competition.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Objective | Benchmark/Skills | Vocabulary | Methods | Assessment |
| Communicate the athlete’s role related to athletic participation. | Explain the role and responsibilities the athlete plays in their healthcare. | Conditioning & fitnessNutritionSupplementsRisk of sportReporting injuriesActive participation in rehab/treatment |  |  |