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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Objective | Benchmark/Skills | Vocabulary | Methods | Assessment |
| Translate a HOPS evaluation into a SOAP note. | Organize an assessment into a written form.  Explain the importance of documentation. | SOAP (subjective, objective, assessment, plan) |  |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Objective | Benchmark/Skills | Vocabulary | Methods | Assessment |
| Assessthe body’s response to injury.  Differentiate between assessment, diagnosis, and evaluation of an injury.  Describe various advanced diagnostic tools used in sports medicine.  Examine common sports related injuries to the lower extremities.  Examine common sports related injuries to the upper extremities.  Examine common sports related injuries to the spine. | Describe the stages of the inflammatory response phase.  Summarize the tissue healing process.  List the components of a HOPS evaluation.  Describe how mechanical forces influence the type and severity of an injury.  Justify the appropriate use for a particular advanced diagnostic tool.  Identify and describe injuries to the foot.  Identify and describe injuries to the ankle.  Identify and describe injuries to the lower leg.  Identify and describe injuries to the knee.  Identify and describe injuries to the hip.  Identify and describe injuries to the elbow.  Identify and describe injuries to the wrist.  Identify and describe injuries to the hand.  Identify and describe injuries to the shoulder.  Identify and describe injuries to the spine. | Inflammation  Leukocytes  Neutrophils  Monocyte  Lymphocytes  Phagocytes  Regeneration  Scar Tissue  Cellular differentiation  Transdifferentiation  Tissue Remodeling  Extra cellular matrix  Collagen fibers  Connective tissue  Active range of motion  Passive range of motion  Anthropomorphic data  Assessment  Diagnosis  Prognosis  Functional activity  HOPS (History, Observation, Palpation, Special Tests)  Ligamentous laxity  Mechanisms of force  Palpation  Primary injury survey  Secondary injury survey  Sport specific activity  Sign  Symptom  Etiology  X-Ray  MRI  CT scan  Arthroscopy  Bone scan  Plantar fasciitis  Arch sprain  Turf toe  Jones fracture  LisFranc fracture  Blisters  Stress fractures  Inversion ankle sprain  Eversion ankle sprain  Syndesmosis sprain  Heel spur  Heel contusion  Blisters  Contusions  Fractures  Achilles tendinitis  Achilles rupture  Calcaneal bursitis  Gastrocnemius strain  Soleus strain  Cramps  Fractures  Stress fractures  Contusions  Compartment syndrome  Bursitis  Iliotibial band friction syndrome  Fractures  Quadriceps strain  Quadriceps contusion  Hamstring strain  Myositis Ossificians  Ligamentous strains/tears  Meniscal tears  Patellar dislocation  Osgood Schlatter’s  Patellar tendinitis  Chondramalacia  Hip pointer/iliac crest Contusion  Fractures  Trochanteric Bursitis  Strains   * Hip flexor * Hamstring * Quadriceps * Abductor * Adductor   Hip dislocation  Ischial tuberosity avulsion  Hip flexor avulsion  Dislocation  Fractures  Olecranon Bursitis  Olecranon Bursea Infection  Ulnar Nerve Injuries  Strains  Sprains  Volkmann’s Contractures  Scaphoid Fracture  Colle’s Fracture  Sprains  Fractures  Dislocations  Boxer’s Fracture  Mallet Finger  Sprains  Gamekeeper’s Thumb  Dislocations  Fractures  Nail Injuries  Dislocations  Subluxations  Acromioclavicular Sprains  Fractures  Bursitis  Tendonitis  Strains  Strains  Fractures  Dislocations  Pars Defects  SI dysfunction  Herniations |  |  |

**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 bony and soft tissue anatomy associated with the lower extremity.  Discuss the functional anatomy associated with the lower extremity.  Examine the bony and soft tissue anatomy associated with the upper extremity.  Discuss the functional anatomy associated with the upper extremity.  Examine the bony and soft tissue anatomy associated with the spine.  Discuss the functional anatomy associated with the spine. | Identify and label the bones of the foot.  Name the articulations of the foot.  Identify and label the muscles, tendons, and ligaments of the foot.  Detail movements that each muscle performs.  Identify and label the bones of the ankle.  Name the articulations of the ankle.  Identify and label the muscles, tendons, and ligaments of the ankle.  Detail movements that each muscle performs.  Identify and label the bones of the lower leg.  Name the articulations of the lower leg.  Identify and label the muscles, tendons, and ligaments of the lower leg.  Detail movements that each muscle performs.  Identify and label the bones of the knee.  Name the articulations of the knee.  Identify and label the muscles, tendons, and ligaments of the knee.  Detail movements that each muscle performs.  Identify and label the bones of the hip.  Name the articulations of the hip.  Identify and label the muscles, tendons, and ligaments of the hip.  Detail movements that each muscle performs.  Identify and label the bones of the elbow.  Name the articulations of the elbow.  Identify and label the muscles, tendons, and ligaments of the elbow.  Detail movements that each muscle performs.  Identify and label the bones of the wrist.  Name the articulations of the wrist.  Identify and label the muscles, tendons, and ligaments of the wrist.  Detail movements that each muscle performs.  Identify and label the bones of the hand.  Name the articulations of the hand.  Identify and label the muscles, tendons, and ligaments of the hand.  Detail movements that each muscle performs  Identify and label the bones of the shoulder.  Name the articulations of the shoulder.  Identify and label the muscles, tendons, and ligaments of the shoulder.  Detail movements that each muscle performs.  Identify and label the bones of the spine.  Name the articulations of the spine.  Identify and label the muscles, tendons, and ligaments of the spine.  Detail movements that each muscle performs. | Talus  Calcaneus  Cuneiforms  Cuboid  Navicular  Phalanges  Metatarsals  Metatarsophalangeal  Tarsometatarsal  Subtalar  Talonavicular  Flexor digitorum  Flexor hallucis  Extensor digitorum  Extensor hallucis  Medial longitudinal arch  Lateral longitudinal arch  Transverse arch  Toe flexion  Toe extension  Toe abduction  Toe adduction  Talus  Calcaneus  Tibia  Fibula  Medial malleolus  Subtalar  Talocural  Distal Tibiofibular  Tibialis posterior  Tibialis anterior  Peroneus longus  Flexor hallucis longus  Extensor hallucis longus  Flexor digitorum longus  Extensor digitorum longus  Plantar Flexion  Dorsiflexion  Inversion  Eversion  Toe flexion  Toe extension  Tibia  Fibula  Patella  Tibial tuberosity  Proximal tibiofibular  Distal tibiofibular  Gastrocnemius—medial head  Gastrocnemius—lateral head  Soleus  Plantaris  Plantar Flexion  Dorsiflexion  Tibia  Fibula  Femur  Patella  Tibial tuberosity  Tibial plateau  Medial epicondyle of the femur  Lateral epicondyle of the femur  Medial condyle of the femur  Lateral condyle of the femur  Patellofemoral  Proximal tibiofibular  Tibiofemoral  Gastrocnemius  Biceps femoris  Semitendinosus  Semimembranosus  Rectus femoris  Vastuslateralis  Vastusmedialis  Vastusintermedius  Iliotibial band  Mensci  Flexion  Extension  Femur  Femoral head  Femoral neck  Acetabulum  Greater trochanter of the femur  Iliac crest  Sacrum  ASIS  Ischial tuberosity  Pubis symphysis  Femoral head  Acetabulum  Sacroiliac  Adductor longus  Adductor brevis  Adductor magnus  Sartorius  Gracilis  TFL  Gluteus maximus  Gluteus medius  Gluteus minimus  Iliacus  Psoas major  Flexion  Extension  Abduction  Adduction  External rotation  Internal rotation  Radius  Ulna  Humerus  Distal Interphalangeal Joint  Proximal Interphalangeal Joint  Metacarpophalangeal Joint  Capitulum  Trochlea  Trochlear Notch  Medial Epicondyle  Lateral Epicondyle  Proximal Ulna / Radius  Olecranon / Olecranon Fossa  Medial Collateral Ligament  Triceps Brachii tendon  Biceps Brachiii Short Head  Triceps Brachii Long Head  Triceps Brachii Lateral Head  Biceps Brachii Long Head  Brachioradialis  Pronator Quadratus  Pronator Teres  Supinator  Flexion  Extension  Pronation  Supination  Capitate  Hamate  Lunate  Pisiform  Radial Styloid  Radius  Scaphoid  Trapezium  Trapezoid  Triquetrium  Ulna  Ulnar Styloid  ??? What ya’ll want  Abductor Pollicis Longus  Anconeus  Extensor Carpi Radialis Longus  Extensor CarpiUlnaris  Extensor Digiti Minimi  Extensor Digitorum Communis  Extensor Pollicis Longus  Flexor CarpiRadialis  Flexor CarpiUlnaris  Flexor Digitorum Profundus  Flexor Digitorum Superficialis  Flexor Pollicis Longus  Flexion  Extension  Supination  Pronation  Abduction  Adduction  Distal Phalanx  Intermediate Phalanx  Proximal Phalanx  Metacarpals  Distal Interphalangeal Joint  Proximal Interphalangeal Joint  Metacarpophalangeal Joint  Abductor Digiti Minimi  Abductor Pollicis Brevis  Abductor Pollicis Oblique  Adductor Pollicis Transverse  Extensor Digiti Minimi  Extensor Pollicis Brevis  Flexor Digiti Minimi Brevis  Flexor Pollicis Brevis  Opponens Digiti Minimi  OpponensPollicis  Flexion  Extension  Abduction  Adduction  Opposition  Supraspinous Fossa  Inferior Angle of Scapula  Scapula  Medial Border of Scapula  Head of Humerus  Scapular Spine  Bicipital Groove  Coracoid Process  Clavicle Accromial End  Humerus  Superior Angle of Scapula  Lateral Border of Scapula  Glenoid Fossa  Coracoid Process  Clavicle Sternal End  Head of Humerus  Accromian  Infraspinous Fossa  Clavicle  Acromioclavicular Joint  Sternoclavicular Joint  Glenohumeral Joint  Brachialis  Brachioradialis  Rhomboid Minor  Serratus Anterior  Triceps Brachii tendon  Trapezius  Infraspinatus  Rhomboid Major  Choracobrachialis  Biceps Brachiii Short Head  Subscapularis  Supraspinatus  Teres Major  Deltoid  Teres Minor  Pectoralis Minor  Triceps Brachii Long Head  Pectoralis Major  Triceps Brachii Lateral Head  LatissimusDorsi  Biceps Brachii Long Head  Abduction  Adduction  Flexion  Extension  External Rotation  Internal Rotation  Circumduction  Horizontal Abduction  Horizontal Adducation  ATLAS  AXIS  BODY  CERVICAL SPINE  DENS (ODONTOID PROCESS)  FACET FOR RIB  INFERIOR ARTICULAR FACET (PROCESS)  LUMBAR SPINE  SPINOUS PROCES  SUPERIOR ARTICULAR FACET (PROCESS)  THORACIC SPINE  TRANSVERSE FORAMEN  TRANSVERSE FORAMEN  VERTEBRAL FORAMEN  7 CERVICAL  12 THORACIC  5 LUMBAR  Intervertebral  Ribs and Vertebrae  What ya’ll want here??  Flexion  Extension  Hyperextension  Rotation |  |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Objective | Benchmark/Skills | Vocabulary | Methods | Assessment |
|  |  |  |  |  |