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

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| 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.**

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| 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. | InflammationLeukocytesNeutrophilsMonocyteLymphocytes PhagocytesRegenerationScar TissueCellular differentiationTransdifferentiationTissue RemodelingExtra cellular matrixCollagen fibersConnective tissueActive range of motionPassive range of motionAnthropomorphic dataAssessmentDiagnosisPrognosisFunctional activityHOPS (History, Observation, Palpation, Special Tests)Ligamentous laxityMechanisms of forcePalpationPrimary injury surveySecondary injury surveySport specific activitySignSymptomEtiologyX-RayMRICT scanArthroscopyBone scanPlantar fasciitisArch sprainTurf toeJones fractureLisFranc fractureBlistersStress fracturesInversion ankle sprainEversion ankle sprainSyndesmosis sprainHeel spurHeel contusionBlistersContusionsFracturesAchilles tendinitisAchilles ruptureCalcaneal bursitisGastrocnemius strainSoleus strainCrampsFracturesStress fracturesContusionsCompartment syndromeBursitisIliotibial band friction syndromeFracturesQuadriceps strainQuadriceps contusionHamstring strainMyositis OssificiansLigamentous strains/tearsMeniscal tearsPatellar dislocationOsgood Schlatter’sPatellar tendinitisChondramalaciaHip pointer/iliac crest Contusion FracturesTrochanteric BursitisStrains* Hip flexor
* Hamstring
* Quadriceps
* Abductor
* Adductor

Hip dislocationIschial tuberosity avulsionHip flexor avulsionDislocationFracturesOlecranon BursitisOlecranon Bursea InfectionUlnar Nerve InjuriesStrainsSprainsVolkmann’s ContracturesScaphoid FractureColle’s FractureSprainsFracturesDislocationsBoxer’s FractureMallet FingerSprainsGamekeeper’s ThumbDislocationsFracturesNail InjuriesDislocationsSubluxationsAcromioclavicular SprainsFracturesBursitisTendonitisStrainsStrainsFracturesDislocationsPars DefectsSI dysfunctionHerniations |  |  |

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

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| 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 performsIdentify 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. | TalusCalcaneusCuneiformsCuboidNavicularPhalanges Metatarsals MetatarsophalangealTarsometatarsalSubtalarTalonavicularFlexor digitorum Flexor hallucis Extensor digitorum Extensor hallucis Medial longitudinal archLateral longitudinal archTransverse archToe flexionToe extensionToe abductionToe adductionTalusCalcaneusTibiaFibulaMedial malleolusSubtalarTalocuralDistal Tibiofibular Tibialis posteriorTibialis anteriorPeroneus longusFlexor hallucis longusExtensor hallucis longusFlexor digitorum longusExtensor digitorum longusPlantar FlexionDorsiflexionInversionEversionToe flexionToe extensionTibia Fibula PatellaTibial tuberosity Proximal tibiofibularDistal tibiofibularGastrocnemius—medial headGastrocnemius—lateral headSoleusPlantaris Plantar FlexionDorsiflexionTibiaFibulaFemurPatellaTibial tuberosityTibial plateauMedial epicondyle of the femurLateral epicondyle of the femurMedial condyle of the femurLateral condyle of the femurPatellofemoralProximal tibiofibularTibiofemoralGastrocnemiusBiceps femorisSemitendinosusSemimembranosusRectus femorisVastuslateralisVastusmedialisVastusintermediusIliotibial bandMensciFlexionExtensionFemurFemoral headFemoral neckAcetabulumGreater trochanter of the femurIliac crestSacrumASIS Ischial tuberosityPubis symphysisFemoral headAcetabulumSacroiliac Adductor longusAdductor brevisAdductor magnusSartoriusGracilisTFLGluteus maximusGluteus mediusGluteus minimusIliacusPsoas majorFlexionExtensionAbductionAdductionExternal rotationInternal rotationRadiusUlnaHumerusDistal Interphalangeal JointProximal Interphalangeal JointMetacarpophalangeal JointCapitulumTrochleaTrochlear NotchMedial EpicondyleLateral EpicondyleProximal Ulna / RadiusOlecranon / Olecranon FossaMedial Collateral LigamentTriceps Brachii tendonBiceps Brachiii Short HeadTriceps Brachii Long HeadTriceps Brachii Lateral HeadBiceps Brachii Long HeadBrachioradialisPronator QuadratusPronator TeresSupinatorFlexion ExtensionPronationSupinationCapitateHamateLunatePisiformRadial StyloidRadiusScaphoidTrapeziumTrapezoidTriquetriumUlnaUlnar Styloid??? What ya’ll wantAbductor Pollicis LongusAnconeusExtensor Carpi Radialis LongusExtensor CarpiUlnarisExtensor Digiti MinimiExtensor Digitorum CommunisExtensor Pollicis LongusFlexor CarpiRadialisFlexor CarpiUlnarisFlexor Digitorum ProfundusFlexor Digitorum SuperficialisFlexor Pollicis LongusFlexionExtensionSupinationPronationAbductionAdductionDistal PhalanxIntermediate PhalanxProximal PhalanxMetacarpalsDistal Interphalangeal JointProximal Interphalangeal JointMetacarpophalangeal JointAbductor Digiti MinimiAbductor Pollicis BrevisAbductor Pollicis ObliqueAdductor Pollicis TransverseExtensor Digiti MinimiExtensor Pollicis BrevisFlexor Digiti Minimi BrevisFlexor Pollicis BrevisOpponens Digiti MinimiOpponensPollicisFlexionExtensionAbductionAdductionOppositionSupraspinous FossaInferior Angle of ScapulaScapulaMedial Border of ScapulaHead of HumerusScapular SpineBicipital GrooveCoracoid ProcessClavicle Accromial EndHumerusSuperior Angle of ScapulaLateral Border of ScapulaGlenoid FossaCoracoid ProcessClavicle Sternal EndHead of HumerusAccromianInfraspinous FossaClavicleAcromioclavicular JointSternoclavicular JointGlenohumeral JointBrachialisBrachioradialisRhomboid MinorSerratus AnteriorTriceps Brachii tendonTrapeziusInfraspinatusRhomboid MajorChoracobrachialisBiceps Brachiii Short HeadSubscapularisSupraspinatusTeres MajorDeltoidTeres MinorPectoralis MinorTriceps Brachii Long HeadPectoralis MajorTriceps Brachii Lateral HeadLatissimusDorsiBiceps Brachii Long HeadAbductionAdductionFlexionExtensionExternal RotationInternal RotationCircumductionHorizontal AbductionHorizontal AdducationATLASAXISBODY CERVICAL SPINEDENS (ODONTOID PROCESS)FACET FOR RIBINFERIOR ARTICULAR FACET (PROCESS)LUMBAR SPINESPINOUS PROCESSUPERIOR ARTICULAR FACET (PROCESS)THORACIC SPINETRANSVERSE FORAMENTRANSVERSE FORAMENVERTEBRAL FORAMEN7 CERVICAL12 THORACIC5 LUMBARIntervertebralRibs and VertebraeWhat ya’ll want here??FlexionExtensionHyperextensionRotation |  |  |

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

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