

Sports Medicine Fundamentals

#490028

Description: Sports Medicine Fundamentals is a one credit course that will provide an overview of the field of sports medicine as well as expose students to fundamental skills. The importance of legal and ethical concerns will be emphasized. Students will learn about career opportunities, medical terminology, safety, assessment and emergency preparedness in sports medicine.

Career and Technical Student Organizations (CTSO) are integral, co-curricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Students will:

Career Opportunities

1. Define sports medicine and discuss historical background.
2. Differentiate between the different sports medicine careers and investigate a selected career pathway.
3. Differentiate the roles and responsibilities of the sports medicine team members.
4. Identify the various professional organizations and journals dedicated to athletic training and sports medicine.
5. Discuss the role of the orthotic fitter in customizing supportive orthotics and braces for patients.

Legal and Ethical Concerns

6. Analyze the legal considerations for a healthcare provider.
 - Example: Patient Bill of Rights, legal documentation, HIPAA
7. Identify measures that can be taken by a healthcare provider to minimize the chances of litigation.

Occupational Safety and Health Administration (OSHA)

8. Demonstrate safe work practices in health care.
 - Examples: washing hands, using PPE, preparing for fire safety
9. Describe basic principles of healthcare management and examine policies and procedures relevant to sports medicine to include OSHA Training.
 - Example: OSHA 10-Hour Certification Training

Medical Terminology and Anatomy Overview

10. Identify basic medical symbols and terms.
 - Examples: pronunciation, abbreviations, prefixes, suffixes, and root words
11. Describe basic structures and functions of human body systems.

Protective Gear and Sports Equipment

12. Discuss the safety standards and legal concerns of protective equipment.
13. List the various types of protective equipment and describe the use and benefits.

Emergency Preparedness and Assessment

14. Describe pathogens commonly encountered in physical medicine and infection control principles.
15. Describe the transmission, signs, symptoms, and treatment of hepatitis A, B, C, D, E and HIV virus.
16. Demonstrate aseptic techniques in a sports medicine setting, including hand washing and hand sanitizer.
17. Demonstrate utilizing appropriate universal precautions and Personal Protective Equipment (PPE) as mandated by the Occupational Safety and Health Administration and how they apply to the healthcare provider.
18. Identify normal assessment data and include subjective and objective findings.
19. Demonstrate basic patient assessment skills.
 - Examples: vital signs, height, weight, BMI, ROM, vision screenings, PEARLA, and EKG
20. Describe the initial steps of patient assessment and follow up procedures in an emergency situation.
21. Describe the American Heart Association (AHA) chain of survival links.
22. Identify common medical emergencies in healthcare and describe the recommended first aid.
 - Examples: breathing problems, chest pain, fainting, low blood sugar, stroke, and seizures
23. Develop an understanding of the different types of injuries and demonstrate first aid for emergencies.
 - Examples: external bleeding, internal bleeding, shock, head and spine injuries, musculoskeletal injuries, and burns
24. Differentiate between the various environmental emergencies and how to apply first aid care.
 - Examples: frostbite, hypothermia, and heat stroke
25. Compare the effect of synthetic versus natural turf on injury incidence.
26. Examine the problems from high altitude training, sun exposure, lightning storms, and air pollution.
27. Demonstrate the ability to properly stock a basic first aid kit and sports medicine kit.
28. Demonstrate skills required for certification in Basic Life Support (BLS), Automated External Defibrillator (AED), and First Aid utilizing current standards.

Project Based Learning Experience

29. Describe current record keeping guidelines for patient care and critique common forms related to sports medicine to include electronic health records.
30. Describe the importance and components of an emergency action plan and develop a plan for a sporting event.
31. Plan a well-designed sports medicine clinic.
32. Integrate CTSO activities and projects.
 - Examples: Physical Therapy, Sports Medicine, CPR/First Aid, Extemporaneous Health Poster, Creative Problem Solving, Health Career Display, Health Education, Public Service Announcement