

Davison Community Schools
ADVISORY CURRICULUM COUNCIL
Phase II, April 23, 2018
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Sports Medicine – Semester Course	
Course Essential Questions: 1. What are the responsibilities of an athletic trainer?	
Unit 1: Foundations of Athletic Training (Chapters 1 and 2)	
Essential Questions: <ul style="list-style-type: none"> What are the domains of athletic training? What are the work conditions, job description, education, and earnings of an athletic trainer? Who makes up the sports medicine team? 	Essential Understanding: <ul style="list-style-type: none"> The domains of athletic training are: prevention, recognition, evaluation, immediate care, rehabilitation, and reconditioning of athletic injuries, health care administration, and professional development. Athletic trainers endure long hours, responsible for upholding the domains of athletic training, earn bachelors degree and pass certification exam, with a mean salary of \$35,000. The team physician, coach, athlete, and athletic trainer make up the sports medicine team.
Curriculum Standards	
Michigan Merit Curriculum - Biology <ul style="list-style-type: none"> B1.2E Evaluate the future career and occupational process of science fields Michigan CTE Standards- Health Care Section #2 IV.C Career Decision-making	
Knowledge/Content I Know ...	Skills/Processes I Can ...
<ul style="list-style-type: none"> The responsibilities of an athletic trainer The career aspects of an athletic trainer (work conditions, job description, education, and earnings) The members of the sports medicine team and who decides when an athlete can return 	<ul style="list-style-type: none"> Identify domains and tasks of athletic training Research a career (athletic trainer) using the Internet

Unit 2: Prevention of Injuries (Chapter 4, 5 and 7)

Essential Questions:

- How can training and conditioning prevent injuries?
- How can your diet/nutrition prevent injuries?
- How can protective sports equipment prevent injuries?

Essential Understanding:

- Improving cardiorespiratory endurance, flexibility, and muscle strength can prevent injuries.
- The new food pyramid contains six food groups (grains, meats and beans, fruits, vegetables, milk, and oils).
- Eating variety of foods and the correct servings provides the necessary nutrients for sports performances.
- Sports require various pieces of equipment to protect areas of the body from injury.

Curriculum Standards

Michigan CTE Standards- Health Care Section #2

IX.A Healthy Behaviors

- Disease and injury prevention

Knowledge/Content

I Know ...

- How to improve one's flexibility
- How to improve one's cardio respiratory fitness
- How to improve one's muscle strength and endurance
- How important proper training and conditioning is to prevent injuries
- Different types of training and conditioning exercises
- How a balanced diet can prevent injuries.

Skills/Processes

I Can ...

- Develop a training and conditioning program that prevents injury for a specific sport
- Identify types of muscle contracts for a given exercise
- Identify the type of stretch for a given exercise
- Identify the (6) Nutrients
- Develop a balanced nutrition (Meal) plan
- Identify foods to their nutritional group
- Identify different protective sports equipment and the area they protect

Unit 3: Mechanisms of Sports Injuries (Chapter 9 and 10)

Essential Questions:

- What are the common mechanisms of sports injuries?
- What common injuries result from shearing?
- What common injuries result from a compression force?
- What common injuries result from overstretching/tension?
- What common injuries result from torsion?
- What common injuries result from bending?

Essential Understanding:

- The common mechanisms of sports injuries are shearing, compression force, and overstretching/tension.
- Blisters, lacerations, and avulsions are results of the shearing.
- Contusions, fractures, and inflammation are results of a compression force.
- Strains and sprains are the most common injuries that result from overstretching/tension.

Curriculum Standards

Michigan CTE Standards – Health Care Section #2

- 1.A Human Structure and Function

Knowledge/Content

I Know ...

- The mechanisms behind sports injuries (how the injuries occur)
- How contusions, fractures, blisters, lacerations, avulsions, strains, sprains, and inflammation occurs

Skills/Processes

I Can ...

- Identify the mechanism for common skeletal, skin, and muscular injuries
- Create informational poster about a specific skin, skeletal, and muscular injury

Unit 4: Common Sports Injuries and Assessment & Treatments (Ch.11,12,13,15,18,19)

Essential Questions:

- What are common sports injuries of the foot?
- What are common sports injuries of the ankle, lower leg, and knee?
- What are common sports injuries of arm and shoulder?
- What are common sports injuries of the neck and head?
- What major anatomy is involved in common sports injuries?
- What are the steps involved in assessing a sports injury?
- How are sports injury assessments documented?
- What are common treatments related to sports injuries?
- What are some psychological problems after injuries?
- What is role of the athletic trainer with these psychological issues?

Essential Understanding:

- Fractures, turf toe, and planar fasciitis are common foot injuries.
- Sprains, strains, and fractures are common ankle, knee and lower leg injuries.
- Fractures, dislocations, and tendinitis are common arm and shoulder injuries.
- Whiplash and concussions are common neck and head injuries.
- Bones, muscles, tendons, and ligaments are the common anatomy involved in sports injuries.
- The acronym HOPS (History, Observation, Physical exam, Specialized tests) is used to assess sports injuries.
- Information gathered for assessing sports injuries is documented using SOAP (Subjective, Observation, Assessment, Plan) notes format.
- Common treatments for injuries include NSAIDS, RICE, and physical therapy.
- Psychological reactions/assessments and Treatments with injured Athletes.

Curriculum Standards

Michigan Merit Curriculum - Biology

- B2. 3e Describe how human body systems maintain relatively constant internal conditions.

Michigan CTE Standards - Health Care Section #2

- 1.B Diseases and Disorders- prevention, causes, and treatment

Michigan CTE Standards - Health Care Section #2

- 1.B Diseases and Disorders- treatment, therapies, and rehabilitation

Knowledge/Content

I Know ...

- How common sports injuries occur (etiology)
- The major anatomy involved in common sports injuries
- The signs and symptoms of common sports injuries
- The common injuries that occur in sports
- How to tape for turf toe, planar fasciitis, and ankle
- The steps involved in injury assessment
- What HOPS and SOAPS stands for and how they are used in assessing sports injuries
- How injuries are assessed
- Treatments that are used for various sports related injuries

Skills/Processes

I Can ...

- Identify various sports injuries based on signs and symptoms
- Correctly tape an ankle
- Correctly tape for turf toe
- Correctly tape for planar fasciitis
- Properly use the Internet to gather information about an athletic injury
- Identify the major muscles, bones, ligaments, and tendons involved in common sports injuries
- Demonstrate proper assessment technique for a sports injury
- Use HOPS and SOAPS notes for injury assessment
- Identify proper treatment(s) for injuries