



Introduction to Sports Medicine

Career Cluster	Health Science
Course Code	14062
Prerequisite(s)	Recommended: Anatomy and Physiology
Credit	1.0
Program of Study and Sequence	Cluster course – Introduction to Sports Medicine – other pathway courses in the Therapeutic Services pathway or capstone experience
Student Organization	Future Health Professionals (HOSA); Family, Career and Community Leaders of America (FCCLA), or Skills USA
Coordinating Work-Based Learning	Workplace tours, job shadowing, mentoring, internship
Industry Certifications	First Aid/Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED)/First Aid
Dual Credit or Dual Enrollment	https://sdmylife.com/images/Approved-CTE-Dual-Credit.pdf
Teacher Certification	Health Science Cluster Endorsement; *Health Science Education; Therapeutic and Support Services Pathway Endorsement
Resources	American College of Sports Medicine http://acsm.org/about-acsm ; My Fitness Pal www.myfitnesspal.com ; Choose MyPlate www.myplate.gov ; Family, Career and Community Leaders of America (FCCLA) Sports Nutrition STAR event; HOSA and SkillsUSA, AHA, Red Cross

Course Description

Introduction to Sports Medicine is designed for students interested in fields such as athletic training, physical therapy, medicine, fitness, exercise physiology, kinesiology, nutrition and other sports medicine related fields. This class includes both classroom work and hands-on application in order to provide students with an avenue to explore these fields. Through these connections students will understand the importance that exercise, nutrition, treatment modalities, and rehabilitation play in athletic health. Students will study basic anatomy and the psychological impact of athletic injuries along with assessment and treatment techniques as they apply to athletic injuries.

Program of Study Application

Introduction to Sports Medicine is a pathway course in the Health Science career cluster, Therapeutic Services pathway. The course would follow participation in one or more cluster courses. Introduction to Sports Medicine would prepare a student to participate in further pathway courses in the Therapeutic Services pathway or a capstone experience.

Course Standards

ISM 1: Identify the fundamental aspects of medical terminology, the human body systems, kinesiology and careers related to sports medicine.

<i>Webb Level</i>	<i>Sub-indicator</i>
Two Skill/Concept	ISM 1.1 Distinguish differences among careers within sports medicine and explain in detail the education level, credentialing/licensure requirements.
Two Skill/Concept	ISM 1.2 Interpret medical terms and abbreviations to communicate information.
One Recall	ISM 1.3 Identify basic structures and functions of human body systems.
Four Extended Thinking	ISM 1.4 Analyze basic concepts of kinesiology in relation to athletic performance.

ISM 2: Understand injury prevention principles and performance enhancement philosophies

<i>Webb Level</i>	<i>Sub-indicator</i>
Three Strategic Planning	ISM 2.1 Develop a nutrition and hydration plan for an athlete that addresses personal healthy behaviors.
Two Skill/Concept	ISM 2.2 Describe injury prevention strategies.
Two Skill/Concept	ISM 2.3 Explore and identify safe training practices in sports management.
Three Strategic Thinking	ISM 2.4 Compare and contrast performance enhancement philosophies.

ISM 3: Explore and understand common sports injuries, injury management and treatment techniques.

<i>Webb Level</i>	<i>Sub-indicator</i>
Three Strategic Thinking	ISM 3.1 Recognize and explain common injuries and conditions that impact athletic performance.
Three Strategic Thinking	ISM 3.2 Apprise common sports injuries to differentiate treatment modalities.
Four Extended Thinking	ISM 3.3 Perform proper treatment techniques of common sports injuries through hands-on application.

ISM 4: Explore the psychological impact of injury and the healing process on an individual.

<i>Webb Level</i>	<i>Sub-indicator</i>
One Recall	ISM 4.1 Describe basic principles of sports psychology.
Three Strategic Thinking	ISM 4.2 Explain possible adaptations that can be made to exercise programs to account for different clients' needs.