**Directions:** Student is assessed using the rating scales below and the appropriate box is marked with the degree of competency. This system is not intended to reflect or equal the traditional school grading system of A, B, C, D or U. Student performance for each of the competencies below reflects the description of each category.

**Course Description:** An instructional program that prepares individuals to perform routine sports medicine related services for the physically active, under the training and supervision of n approved licensed athletic trainer. The purpose of this program is to give individuals knowledge and skills to prevent, recognize and provide basic car for injuries and sudden illness. This is a 2 part course with up to 1 credit available.

**General Requirements**: This course is recommended for students in grades 11-12 and may invite students in grade 10. Students should have previous course work in health science to include, but not limited to Medical Terminology, Emergency Procedures and Health Science Principles (see application/recommendation form for the Moore Sports Medicine Program).

In order to obtain and to give information, healthcare workers will know and practice effective oral and written communication skills.

3 2 1 0

\_\_ \_\_ \_\_ \_\_ 1. Demonstrates appropriate oral and written communication

With coaches, team physicians, parents, participants and school leaders.

\_\_ \_\_ \_\_ \_\_2.Uses speaking and listening skills.

\_\_ \_\_ \_\_ \_\_3. Uses medical terminology within scope of training.

\_\_ \_\_ \_\_ \_\_4.Uses charts and diagrams to communicate.

\_\_ \_\_ \_\_ \_\_5.Uses medical abbreviations to communicate information.

**Knowledge/Cognitive Assessment**

3: Knowledgeable- can apply the concept to solve problems

2: Moderate- understands the concept with assistance

1: Limited- requires retraining and re-instruction

0: No exposure- has not received instruction

Healthcare worker will know academic subject matter. They use this knowledge as needed. The following should be known by a student in a health science program of study.

3 2 1 0

\_\_ \_\_ \_\_ \_\_ 1. Define sports medicine.

\_\_ \_\_ \_\_ \_\_ 2. Discuss the history and development of sports medicine.

\_\_ \_\_ \_\_ \_\_ 3. Identify major bones of the body.

\_\_ \_\_ \_\_ \_\_ 4. Identify the major muscle groups.

\_\_ \_\_ \_\_ \_\_5. Describe general mechanisms of injury.

\_\_ \_\_ \_\_ \_\_6. Describes psychological effects of injury and recovery.

\_\_ \_\_ \_\_ \_\_7.Recognizes directional terms, planes and body cavities.

\_\_ \_\_ \_\_ \_\_8.Analyze diagrams, charts, tables and graphs to interpret data.

**Performance Assessment**

3: Skilled- can perform task independently with no assistance

2: Moderate- can perform task completely but with limited assistance

1: Limited- requires close supervision and retraining

0: No exposure- has no experience or knowledge of this task

Students will identify how key healthcare laws and systems affect services they perform and the quality of care.

3 2 1 0

\_\_ \_\_ \_\_ \_\_ 1. Discuss the administrative and management role of sports medicine team members.

\_\_ \_\_ \_\_ \_\_2. Describe a sports medicine facility setup: design, equipment, function and budget.

\_\_ \_\_ \_\_ \_\_3. Describe equipment storage process.

\_\_ \_\_ \_\_ \_\_4.Describe payment methods for services and for payroll.

Students understand the healthcare workers roles and responsibilities and the individual member’s contribution to healthcare. Effective and sensitive interaction with all members of the healthcare team and with the patient/victim will be demonstrated.

3 2 1 0

\_\_ \_\_ \_\_ \_\_1. Defines members of a sports medicine team.

\_\_ \_\_ \_\_ \_\_2.Recognizes leader of sports medicine team.

\_\_ \_\_ \_\_ \_\_3.Defines role(s) of each member of sports medicine team.

Healthcare students understand the legal responsibilities, limitations and implications of their actions with the sports medicine delivery setting. Students will perform duties according to regulations, policies, laws and legislated rights.

3 2 1 0

\_\_ \_\_ \_\_ \_\_1.Analyze legal responsibilities, limitations and implications of actions.

\_\_ \_\_ \_\_ \_\_2.Explain importance of maintain patient/victim confidentiality.

\_\_ \_\_ \_\_ \_\_3.Define malpractice, liability, negligence, tort, assumption of risk, informed consent and implied consent.

\_\_ \_\_ \_\_ \_\_4.Identify duties of athletic trainers according to regulations, policies, laws and legislated rights.

\_\_ \_\_ \_\_ \_\_5. Identify limited duties of sports medicine providers described by insurance agencies.

\_\_ \_\_ \_\_ \_\_6.Contrast scope of practice between professionals, students and other individuals.

\_\_ \_\_ \_\_ \_\_7.Recognizes standards for HIPPA and FERPA.

\_\_ \_\_ \_\_ \_\_8. Explains and describes harassment, labor and employment policies and guidelines.

\_\_ \_\_ \_\_ \_\_9. Identifies current legal issues in sports medicine and healthcare within scope of practice.

Healthcare students understand that professionals assume accepted ethical practices with respect to culture, social and ethnic differences.

3 2 1 0

\_\_ \_\_ \_\_ \_\_1.Identify code of ethics for various sports medicine professionals.

\_\_ \_\_ \_\_ \_\_2.Differentiate between ethical and legal issues impacting sports medicine.

\_\_ \_\_ \_\_ \_\_3. Compare personal and professional ethics.

Healthcare students understand and demonstrate key employability skills and will maintain and upgrade skills.

3 2 1 0

\_\_ \_\_ \_\_ \_\_ 1. Describes sports medicine pathways.

\_\_ \_\_ \_\_ \_\_2. Explains education process, credentialing, employment opportunities, workplace environments and career growth.

\_\_ \_\_ \_\_ \_\_3.Interacts appropriately and respectfully with diverse age, ethic, religious, economic groups in employment and social settings.

\_\_ \_\_ \_\_ \_\_4.Describes personal traits and attitudes desirable for sports medicine team members.

\_\_ \_\_ \_\_ \_\_5.Summarize basic professional standards as applied to hygiene, dress, language, confidentiality and behavior.

\_\_ \_\_ \_\_ \_\_6.Demonstartes professional characteristics.

Healthcare workers understand existing and potential hazards to clients, coworkers and self. They will prevent injury or illness through safe work practices and follow health and safety policies and procedures.

3 2 1 0

\_\_ \_\_ \_\_ \_\_1.Explain the performance of appropriate equipment maintenance including player equipment and facility modalities and supplies.

\_\_ \_\_ \_\_ \_\_2.Identify environmental risk factors associated with specific activities of the physically active.

\_\_ \_\_ \_\_ \_\_3.Demonstartes infection control procedures.

\_\_ \_\_ \_\_ \_\_4.Applies appropriate use of standard precautions for infectious diseases.

\_\_ \_\_ \_\_ \_\_5.Explains personal safety practices for hygiene, sanitation, body mechanics and ergonomics.

\_\_ \_\_ \_\_ \_\_6.Maintains a safe work environment.

\_\_ \_\_ \_\_ \_\_7.Maintains a safe practice and competitive environment for scope of practice.

\_\_ \_\_ \_\_ \_\_8.Designs and practices an emergency action plan for the sports setting.

Healthcare students will practice preventive health behaviors among clients and understand the fundamentals of wellness.

3 2 1 0

\_\_ \_\_ \_\_ \_\_1. Discuss hydration, appropriate diet, nutritional supplements, weight control, and pre-game/post-game meals.

\_\_ \_\_ \_\_ \_\_2. Describe physical conditioning principles and significance of health screenings.

\_\_ \_\_ \_\_ \_\_3. Discuss complementary and alternative health practices.

Healthcare students demonstrate appropriate use of technology as used in sports medicine applications.

3 2 1 0

\_\_ \_\_ \_\_ \_\_1. Describe/demonstrate use of electronic injury data tracking systems.

\_\_ \_\_ \_\_ \_\_2. Obtain information via the internet.

\_\_ \_\_ \_\_ \_\_3. Use various computer applications to complete daily tasks.

Healthcare students will demonstrate technical skills and knowledge of skills as required for the scope of sports medicine. Students marked with a 3 will be noted as competent in the indicated skill.

3 2 1 0

\_\_ \_\_ \_\_ \_\_1. Demonstrate basic first aid skills and hold a certification from an accredited agency.

\_\_ \_\_ \_\_ \_\_2. Demonstrate CPR for an adult, infant and child using skills for professional and hold a certification from an accredited agency.

\_\_ \_\_ \_\_ \_\_3. Demonstrate skills of the use of an AED and hold a certification card from an accredited agency.

*Document, Observe, measure, report/record, evaluate to demonstrate knowledge of norms of these vital signs:*

\_\_ \_\_ \_\_ \_\_4.temperature

\_\_ \_\_ \_\_ \_\_5. Skin color

\_\_ \_\_ \_\_ \_\_6.pulse

\_\_ \_\_ \_\_ \_\_7.blood pressure

\_\_ \_\_ \_\_ \_\_8. Perform measurement of weight.

\_\_ \_\_ \_\_ \_\_9.Perform measurement of height.

\_\_ \_\_ \_\_ \_\_10.Demonstarte use of Snellen Eye Chart (visual acuity).

*Perform taping and wrapping skills for:*

\_\_ \_\_ \_\_ \_\_11.foot (arches)

\_\_ \_\_ \_\_ \_\_12.ankle

\_\_ \_\_ \_\_ \_\_13. Hand

\_\_ \_\_ \_\_ \_\_14.wrist

\_\_ \_\_ \_\_ \_\_15.fingers

\_\_ \_\_ \_\_ \_\_16.toe(s)

\_\_ \_\_ \_\_ \_\_17.Investigate/explain the appropriate fitting of protective/supportive sports equipment.

\_\_ \_\_ \_\_ \_\_18.Investigate/describe proper fitting of crutches.

\_\_ \_\_ \_\_ \_\_19.Apply the principle of R.I.C.E.

\_\_ \_\_ \_\_ \_\_20.Apply the principles of heat modality.

*Discuss these objective assessments:*

\_\_ \_\_ \_\_ \_\_21.Palpation of various joint structures.

\_\_ \_\_ \_\_ \_\_22.ROM of various joints

\_\_ \_\_ \_\_ \_\_23.Demonstrate strength testing of joint structures.

\_\_ \_\_ \_\_ \_\_24.reflex testing

\_\_ \_\_ \_\_ \_\_25.functional testing/special tests for orthopedic assessment

\_\_ \_\_ \_\_ \_\_26.concussion (TBI) assessment