

Name: \_\_\_\_\_ Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Class: \_\_\_\_Essentials of Sports Medicine \_\_\_\_ Applied Sports Medicine

*This is a reflection of the material discussed on Careers in Sports Medicine.*

*A reflection is not a summary.*

What do you not want to forget about this topic:

Have you known someone in your life that has worked in sports medicine? YES NO

If so, which field: \_\_\_\_\_

A strength and conditioning specialist could have a variety of other titles, depending upon their work setting. What might some of them be called, such as in:

a high school: \_\_\_\_\_

A local health/fitness club: \_\_\_\_\_

On a scale 1 to 5 (1 not likely, 5 most likely),

... you research this topic more on your own? 1 2 3 4 5

... will you help educate others about this topic? 1 2 3 4 5

...will you take the poster from this document and hang it somewhere for others to see? 1 2 3 4 5

**WRAP UP:** Summarize the chapter of careers below.

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BEFORE ANSWERS

DATE: \_\_/\_\_/\_\_

ANSWER either YES/No or TRUE/FALSE or choose a letter.

Sports Medicine is the Study of the inactive population

The certified athletic trainer is not part of the sports medicine team.

Therapeutic modalities are the use of heat/cold to increase or to decrease blood flow to an area of the body.

An Athletic training student can assist with:

- a. activating the EMS
- b. organizing insurance forms, parental consent forms and supply forms
- c. preparing for practices and games by setting up water and first aid areas
- d. all of these are sufficient

An athletic training student may allow an athlete to return to play after an injury.

Assumption of risk means that an individual assumes responsibility for the risk he or she takes while participating in the sport.

BEFORE ANSWERS

DATE: \_\_/\_\_/\_\_

# Moore Sports Medicine

*A leader in Allied Health Education*

\_\_\_Essentials \_\_\_Applied

Points: \_\_\_/\_\_\_

Student Name: \_\_\_\_\_ Date Issued: \_\_\_\_\_ Date Due: \_\_\_\_\_

**Training:** Careers in Sports Medicine and Athletic Training

**Description:** Introduction to Sports Medicine Careers. Mapping includes specific career exploration, considering careers under the sports medicine umbrella, computer researching, guest speaker and student presentation.

**By the end** of this class/lesson, participants will be able to:

- 1) List careers under the umbrella
- 2) Compare/contrast contact and collision sports
- 3) Describe roles and responsibilities, characteristics, and personal qualities needed.

**Materials:** presentation, evidence based practice, article(s), organizational charts, journal entry assessment, exit slip

**Procedure:** complete each attached assignment in order as led by instructor, submit working document upon direction of instructor, complete assessment, seek score, place in binder

**Topics:** 1) umbrella of careers, 2) identify degrees needed, 3) describe and demonstrate self-confidence, 4) availability to sport

**Resources:** youtube (TedEd; 3 tips to boost your confidence), [www.kyats.com](http://www.kyats.com), Essentials of Sp Med by Clover; Chapter 1, ESPN, CTE Online, HBO REAL SPORTS, Executive Skills Handout

**Strands:** inquiry, Perspectives, Life Science

**Core ideas:** Structure and Function, Information Processing

**Practices:** obtaining, evaluating and communicating information

**Crosscutting concepts:** cause and effect, structure and function, stability and change

**Terms:** Associates degree, athletic trainer, certification, CEU, credentials, doctoral degree, dorsal, licensure, master's degree, NATA, PT Aide, therapeutic modality,

**Student Activities:** 1) EBP, 2) executive skills questionnaire, 3) career search, 4) umbrella sheet, 5) guest speaker(s), 6) chapter questions 2 & 3 and the additional questions in the working document, 7) Thinking It Through, 8) article, 9) assessment, 10) exit slip

## Executive Skills Questionnaire —

Peg Dawson & Richard Guare

Step 1: Read each item below and then rate that item based on the extent to which you agree or disagree with how well it describes you. Use the rating scale below to choose the appropriate score. Then add the three scores in each section. Use the Key on page 2 to determine your executive skill strengths (2-3 highest scores) and weaknesses (2-3 lowest scores).

Strongly disagree	1	Tend to agree	5
Disagree	2	Agree	6
Tend to disagree	3	Strongly agree	7
Neutral	4		

<b>Item</b>	<b>Your score</b>
1. I don't jump to conclusions	_____
2. I think before I speak.	_____
3. I don't take action without having all the facts.	_____
<b>YOUR TOTAL SCORE:</b>	_____
4. I have a good memory for facts, dates, and details.	_____
5. I am very good at remembering the things I have committed to do.	_____
6. I seldom need reminders to complete tasks	_____
<b>YOUR TOTAL SCORE:</b>	_____
7. My emotions seldom get in the way when performing on the job.	_____
8. Little things do not affect me emotionally or distract me from the task at hand.	_____
9. I can defer my personal feelings until after a task has been completed	_____
<b>YOUR TOTAL SCORE:</b>	_____
10. No matter what the task, I believe in getting started as soon as possible.	_____
11. Procrastination is usually not a problem for me.	_____
12. I seldom leave tasks to the last minute	_____
<b>YOUR TOTAL SCORE:</b>	_____
13. I find it easy to stay focused on my work.	_____
14. Once I start an assignment, I work diligently until it's completed.	_____
15. Even when interrupted, I find it easy to get back and complete the job at hand.	_____
<b>YOUR TOTAL SCORE:</b>	_____
16. When I plan out my day, I identify priorities and stick to them	_____
17. When I have a lot to do, I can easily focus on the most important things.	_____
18. I typically break big tasks down into subtasks and timelines.	_____
<b>YOUR TOTAL SCORE:</b>	_____
19. I am an organized person.	_____
20. It is natural for me to keep my work area neat and organized.	_____
21. I am good at maintaining systems for organizing my work.	_____
<b>YOUR TOTAL SCORE:</b>	_____

Strongly disagree	1	Tend to agree	5
Disagree	2	Agree	6
Tend to disagree	3	Strongly agree	7
Neutral	4		

- | Item  | Your score |
|---|------------|
| 22. At the end of the day, I've usually finished what I set out to do.                    | _____      |
| 23. I am good at estimating how long it takes to do something.                            | _____      |
| 24. I am usually on time for appointments and activities.                                 | _____      |
| <b>YOUR TOTAL SCORE:</b>  |            |
| 25. I take unexpected events in stride.   | _____      |
| 26. I easily adjust to changes in plans and priorities.                                   | _____      |
| 27. I consider myself to be flexible and adaptive to change.                              | _____      |
| <b>YOUR TOTAL SCORE:</b>  |            |
| 28. I routinely evaluate my performance and devise methods for personal improvement.      | _____      |
| 29. I am able to step back from a situation in order to make objective decisions.         | _____      |
| 30. I "read" situations well and can adjust my behavior based on the reactions of others. | _____      |
| <b>YOUR TOTAL SCORE:</b>  |            |
| 31. I think of myself as being driven to meet my goals.                                   | _____      |
| 32. I easily give up immediate pleasures to work on long-term goals.                      | _____      |
| 33. I believe in setting and achieving high levels of performance.                        | _____      |
| <b>YOUR TOTAL SCORE:</b>  |            |
| 34. I enjoy working in a highly demanding, fast-paced environment.                        | _____      |
| 35. A certain amount of pressure helps me to perform at my best.                          | _____      |
| 36. Jobs that include a fair degree of unpredictability appeal to me.                     | _____      |
| <b>YOUR TOTAL SCORE:</b>  |            |

**Strongest Skills**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Weakest Skills**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Directions: Under the umbrella, list all the careers that you feel would cover the field of covers medicine, regardless of the availability to the sport.





September 3, 2013

## WKU football | Report says trainer fired after clash with coach Bobby Petrino

By Michael Grant  
| *The Courier-Journal*

Western Kentucky University football coach Bobby Petrino questioned the medical decisions by a WKU athletic trainer who later was fired in the spring, according to a report.

An online article by The Chronicle of Higher Education about friction between athletic trainers and coaches singles out issues between Petrino and former WKU associate athletic trainer Danny Cobble.

According to the publication's website, [chronicle.com](http://chronicle.com), Petrino and Cobble frequently clashed in the few months they worked together. Petrino was hired in December. Cobble, who had been at WKU since July 2009, said he was fired in the spring.

The Chronicle report was based in part on a survey of hundreds of trainers and staff regarding the influence of college football coaches. Of the 101 who responded, 53 said they had felt pressure from coaches to return students to play faster than they thought was in their best interest medically.

In the story, Cobble said Petrino questioned his medical abilities, was impatient with return-to-play times and pushed back on physicians' decisions. It cited an incident when Cobble said a doctor ordered surgery for an unidentified player. When Cobble told Petrino, Cobble said the coach suggested treating the injury with cortisone. The player got a second opinion and had the surgery.

According to Cobble, he was fired after meeting with athletic director Todd Stewart and Bill Edwards, the school's longtime director of athletic training. He told The Chronicle that he wished Stewart had stood up for him.

"He had a choice, and truthfully, I think he went with the million-dollar deal instead of what's right," Cobble said in the story.

According to last year's WKU football media guide, Cobble is a Louisville native who joined the Hilltoppers in July 2009 after being an assistant trainer for the South Carolina football team. He has a degree in exercise science from the University of Kentucky and a master's degree from South Carolina.

The Chronicle story said that more than a dozen Division I trainers have been fired or demoted in recent years and the reason is often over questionable return-to-play calls.

The survey also found that 42 trainers said they had felt pressure from football coaches to return athletes to the field even after concussions.

WKU football spokesman Kyle Neaves told The Courier-Journal that Petrino and Stewart would not comment on The Chronicle's story.

*(Footnotes)* Criminal negligence refers to a mental state of disregarding known or obvious risks to human life and safety. Criminal negligence (sometimes referred to as "gross" negligence) takes place when an individual behaves in a way that is an extreme departure from the way that a "reasonable" person would act. Criminal negligence is basically analogous to an "I don't care what happens" type of attitude. [Shouse Law Group] [Wikipedia]

"The failure to use reasonable care to avoid consequences that threaten or harm the safety of the public and that are the foreseeable outcome of acting in a particular manner." [West's Encyclopedia of American Law, edition 2. Copyright 2008]

"The defendant has failed to perceive the serious nature of his or her actions and instead precipitated a gross violation of the standard of care expected on an individual." [Laws.com]

24) List personal characteristics you possess that you feel would be helpful in building a career in sports medicine.

25) Describe how you might make a new member of your SM team feel more comfortable around those with more experience.

26) Define physiology

27) What does ACSM stand for?

28) What roles does SM play in today's athletics?

29) What role should parents play in athletic healthcare of children?

30) American football is the nation's most injurious sport. How may it be made safer?

31) What is the scope of an athletic trainers' job?