

SPORTS MEDICINE 3

ACADEMIC CONTENT & WORKPLACE EMPLOYABILITY STANDARDS



CATALINA FOOTHILLS SCHOOL DISTRICT

Approved by Governing Board on May 28, 2019

Catalina Foothills School District

Sports Medicine 3

Grades: 11-12

Sports Medicine 3 is designed to prepare students for employment opportunities in health care as well as post-secondary academic endeavors. The focus of Sports Medicine 3 is on the application of skills learned in Sports Medicine 1 and 2, with an emphasis on the totality of injury management, which includes pathology, immediate management, diagnostic imaging, definitive and differential diagnosis, medical management, surgical intervention, post-injury and/or post-surgical management, and rehabilitation. Through a combination of collaborative and self-directed projects, students will apply their knowledge in real-world experiences in Tucson-area internships / externships. Students are responsible for evaluating potential internship placements, submitting a letter of intent, and ensuring completion of all appropriate paperwork prior to the beginning of the academic year.

HEALTHCARE ORGANIZATION AND ADMINISTRATION ACTIVITIES	
SP3.1.1	Describe the basics of health insurance (for example: co-pay, third-party payment, reimbursement).
SP3.1.2	Describe and implement the process of procurement, maintenance, and inventory of supplies and equipment.
SP3.1.3	Use common resources to stay current with advances in healthcare.
MUSCULAR PHYSIOLOGY	
SP3.2.1	Describe the mechanism responsible for the different amounts of tension produced in a muscle fiber.
SP2.2.2	Describe the mechanisms by which muscle fibers obtain the energy to power contractions. <ul style="list-style-type: none"> ○ relate types of muscle fibers to muscle performance ○ distinguish between aerobic and anaerobic endurance
THERAPEUTIC MODALITIES AND PAIN MANAGEMENT	
SP3.3.1	Explain indications, contraindications, safety precautions, and applications related to modalities (for example: thermotherapy, cryotherapy, electric stimulation, ultrasound, hydrotherapy, compression).
SP3.3.2	Explain indications, contraindications, safety precautions, and proper techniques for gait training (for example: weight bearing assistive device, prosthetics, orthotic devices, crutches and canes).
SP3.3.3	Distinguish among pain characteristics (sharp, dull, or achy; stabbing or throbbing; constant, cramping, or intermittent), and assess pain level using a rating scale (for example: 1-10; smiley face scale).
MECHANISMS AND CHARACTERISTICS OF MUSCULOSKELETAL AND NERVE TRAUMA	
SP2.4.1	Differentiate various injuries to the musculotendinous unit, synovial joint, bone, and nerve tissue.
SP2.4.2	Identify the anatomical characteristics of the musculotendinous unit, synovial joint, bone, and nerve.
SP2.4.3	Describe how mechanical loads applied to the musculotendinous unit, synovial joint, bone, and nerve produce injury in these structures.
SP2.4.4	Discuss the five types of tissue loads that can produce stress and strain.
TISSUE RESPONSE TO INJURY	
SP3.5.1	Explain the healing process relative to various soft-tissue structures, including cartilage, ligament, muscle, tendon, and nerve. <ul style="list-style-type: none"> ○ classify the physiological events that must take place during each phase of healing ○ contrast the phases of the healing process ○ identify factors that may impede the healing process
SP3.5.2	Differentiate among the three mechanisms of pain control.
SP3.5.3	Examine the various techniques for assessing pain.

PHARMACOLOGY, DRUGS, AND SPORTS	
SP3.6.1	Identify the various methods by which drugs can be administered.
SP3.6.2	Examine the various protocols that the athletic trainer should follow for administering over-the-counter medications to patients.
SP3.6.3	Categorize the various drugs that can be used to treat infection, reduce pain and inflammation, relax muscles, treat gastrointestinal disorders, treat symptoms of colds and congestion, and control bleeding.
SP3.6.4	Explain problems related to substance abuse in athletics.
WORKPLACE EMPLOYABILITY: PROFESSIONALISM	
SP3.7.1	Demonstrate professionalism in the workplace (being on time, proper dress, courteousness).
SP3.7.2	Represent the school [or organization] in a positive manner, demonstrating the school's [or organization's] mission and core values.
SP3.7.3	Demonstrate respect for personal and professional boundaries (distinguish between personal and work-related matters).
SP3.7.4	Interact respectfully with others; act with integrity.
SP3.7.5	Produce high quality work that reflect professional pride and contributes to organizational success.
SP3.7.6	Take initiative to develop skills and improve work performance.
WORKPLACE EMPLOYABILITY: COMMUNICATION (TRADITIONAL AND DIGITAL)	
SP3.8.1	Communicate effectively in preparation for a diverse work environment (required: style, format, and medium appropriate to audience/culture/generation, purpose and context; accuracy; use of appropriate technical/industry language; to resolve conflicts; address intergenerational differences/challenges; persuade others).
SP3.8.2	Use documentation (for example: itineraries and schedules) to plan and meet client needs.
SP3.8.3	Use appropriate technologies and social media to enhance or clarify communication.
SP3.8.4	Use a variety of interpersonal skills, including tone of voice and appropriate physical gestures (for example: eye contact, facing the speaker, active listening) during conversations and discussions to build positive rapport with others.
SP3.8.5	Pose and respond to questions, building upon others' ideas in order to enhance the discussion; clarify, verify, or challenge ideas and conclusions with diplomacy.
WORKPLACE EMPLOYABILITY: SELF-REGULATION	
SP3.9.1	Apply the skills and mindset of self-regulation to accomplish a task or project.
SP3.9.2	Select and use appropriate technologies to increase productivity.
SP3.9.3	Exercise initiative and leadership (for example: recognize and engage individual strengths, plan for unanticipated changes, pursue solutions/improvements).
WORKPLACE EMPLOYABILITY: CRITICAL THINKING AND PROBLEM SOLVING	
SP3 10.1	Identify problems and use strategies and resources to innovate and/or devise plausible solutions
SP3 10.2	Take action or make decisions supported by evidence and reasoning.
SP3 10.3	Transfer knowledge/skills from one situation/context to another.
WORKPLACE EMPLOYABILITY: COLLABORATION	
SP3.11.1	Take responsibility for any role on a team and accurately describe and perform the duties of each role, including leadership.
SP3.11.2	Integrate diverse ideas, opinions, and perspectives of the team and negotiate to reach workable solutions.
SP3.11.3	Prioritize and monitor individual and team progress toward goals, making sufficient corrections and adjustments when needed.
SP3.11.4	Submit high-quality products that meet specifications for assigned tasks.