

COURSE TITLE: Sports Medicine 2

Level of Difficulty	Estimated Homework	Prerequisites
Difficult	0-30 Minutes	District: Sports Medicine 1 C or Better Department Suggestion: Anatomy C or Better

Course Description:

Building from Sports Medicine CP and incorporating rehabilitation techniques, sports nutrition principles, modalities (implementation, indications to use, how beneficial are they to the healing process).

Grading:

20% ESLR

35% Quizzes/Exams

30% Classwork

15% Projects

Syllabus:

SPORTS MEDICINE 2 CP

Prerequisites: C or better in Sports Medicine 1

Recommended: Anatomy

Unit 1: Ethics, Law, and Liability (2 weeks)

- A. Explain the legal interaction between coaches, trainers, and players.
- B. Define the legal concepts of liability, HIPAA, negligence, torts, and assumption of risks.
- C. Discuss measures to minimize litigation in Sports Medicine and athletics.
- D. Identify athletic equipment product liability.
- E. Discuss insurance requirements that protect athlete, trainer, and healthcare provider.
- F. Discuss the history and evolution of the Physical Therapy profession.
- G. Identify members of the Physical Therapy staff in various settings.

Unit 2: Observation, Reporting, and Charting (2 weeks)

- A. Describe the legal importance of proper documentation and regulations.
- B. Identify and describe formats used for documenting information in a medical record, including computer software, SOAP notes, and narrative charting.
- C. Demonstrate appointment scheduling, filing, and record keeping using basic computer skills.
- D. Identify and explain the patient's physical therapy plan of care.
- E. Recognize physical variance as related to vital signs and articulate the condition of the patient to the supervisor.
- F. List the various reports found in an athletic record.
- G. Discuss the purpose of an athletic physical.
- H. Complete an athletic injury report.

Unit 3: Protective Equipment (2 weeks)

- A. Identify appropriate attire and proper-fitting sports equipment.
- B. Demonstrate proper removal of sports equipment in case of injury.
- C. Identify various sports braces and purposes of each.
- D. Discuss the legal ramifications related to the manufacture, purchase, and issue of protective equipment in sports.
- E. Recognize the governing agencies that set the standards and rules for equipment safety.

Unit 4: Sports Therapy Modalities (3 weeks)

- A. Identify the various common modalities used in Sports Medicine and the purpose of each.
- B. Discuss hydrotherapy, cold, heat, ultrasound, and electrotherapy therapies and their proper application in Sports Medicine.
- C. Discuss contra-indications and precautions for common sports therapy modalities.

D. Demonstrate the various modalities associated with the plan of care for musculoskeletal injuries.

E. Recognize the association between Sports Medicine modalities and the relationship with therapeutic exercise.

Unit 5: Injury Prevention through Fitness Training and Nutrition (4 weeks)

A. Identify the major conditioning seasons in relation to specific sports.

B. Identify the principles of conditioning including flexibility, strength, and cardio-respiratory endurance in fitness training.

C. Distinguish between body weight and body composition and how to measure for body mass index.

D. Identify weight gain and weight loss principles in fitness training (including impact of salt on water absorption).

E. Identify and discuss the pros and cons and legalities of nutritional supplements.

F. Differentiate between the types of exercises necessary in each season and sport.

G. Distinguish between the importance of the warm up period and cool down period in sports training.

H. Identify the six classes of nutrients and discuss their major functions.

I. Discuss the relationship between good nutrition, diet, and performance enhancement and injury prevention.

J. Identify components of a nutritional label and how they contribute to general health.

K. Analyze the main ingredients of a pre-game meal.

L. Identify and discuss eating disorders.

M. Identify the dangers of sports and performance enhancers.

N. Identify components of a baseline concussion test to determine sports eligibility

Unit 6: Exercise Prescription (4 weeks)

A. Discuss why exercise is needed for proper rehabilitation.

B. Demonstrate knowledge of strengthening whole group muscles.

- C. Differentiate between open chain and closed chain exercises.
- D. Rationalize when to use different types of exercises.
- E. Identify the dangers of over training.

ESLR PROJECT: Create an exercise rehabilitation program for an assigned injury.

Supplemental Information:

UC Subject Area g