

Anthony High School

Teacher: Mr. Garcia

Subject: Sports Medicine I Syllabus

First Semester

1st Nine Weeks

Unit 1. Introduction to Sports Medicine and Medical Terminology (8 days)

(2): Athletic health care team. The student identifies and describes the responsibilities of the sports medicine team.

Unit 2. Introduction to Bone Anatomy and Muscle Anatomy (19 days)

(12) Injuries to the shoulder region. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the shoulder region.

(13) Injuries to the arm, wrist, and hand. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the arm, wrist, and hand.

(15) Injuries to the hip and pelvis. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the hip and pelvis.

(16) Injuries to the thigh, leg, and knee. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the thigh, leg, and knee.

(17) Injuries to the lower leg, ankle, and foot. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the lower leg, ankle, and foot.

Unit 3. Introduction to Cardiopulmonary Resuscitation and Blood Borne Pathogens (10 Days)

(8) Cardiopulmonary resuscitation and automated external defibrillator. The student summarizes the steps of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED).

(19) Bloodborne pathogens. The student understands the importance of preventing exposure to bloodborne pathogens.

Unit 4. Introduction to Sports Injuries (10 days)

(9) The injury processes. The student analyzes the effects of the injury process on body tissues.

2nd Nine Weeks

Unit 5. Sports Injury Prevention (14 days)

(4) Sports injury prevention. The student differentiates and analyzes the important elements of preventing sports injuries.

Unit 6. Foot, Ankle, Lower Leg Injuries (30 days)

(17) Injuries to the lower leg, ankle, and foot. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the lower leg, ankle, and foot.

Second Semester

3rd Nine Weeks

Unit 8: Knee Injuries (13 days)

(16) Injuries to the thigh, leg, and knee. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the thigh, leg, and knee.

Unit 09: Hip and Pelvis Injuries (12 days)

(16) Injuries to the thigh, leg, and knee. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the thigh, leg, and knee.

Unit 10: Shoulder Complex Injuries (13 days)

(12) Injuries to the shoulder region. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the shoulder region.

4th Nine Weeks

Unit 11. Elbow Injuries (12 days)

(13) Injuries to the arm, wrist, and hand. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the arm, wrist, and hand.

Unit 12. Forearm, Wrist, and Hand Injuries (12 days)

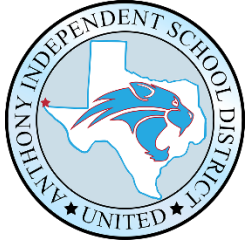
(13) Injuries to the arm, wrist, and hand. The student understands the anatomy, mechanisms of injury, symptoms, emergency procedures, and treatment of injuries to the arm, wrist, and hand.

Unit 13. Introduction to Skin Conditions and Diseases (13 days)

(18) Skin conditions in sports. The student recognizes the dangers of skin conditions that occur as a result of sports participation.

Unit 14: Introduction to Thermal Injuries (11 Days)

(20) Thermal injuries. The student understands thermal injuries can be life-threatening and must be prevented.



Anthony High School

Teacher: Mr. Garcia

Subject: Sports Medicine II Syllabus

First Semester

1st Nine Weeks

Unit 1. Introduction to Athletic Training and Medical Terminology (8 days)

(19) Athletic training room management. The student identifies and demonstrates the skills needed to assist in the management of the athletic training room.

Unit 2. Introduction to Bone Anatomy and Muscle Anatomy (19 days)

(11) Shoulder injuries. The student demonstrates knowledge and skills in the management of shoulder injuries in sports.

(12) Elbow, wrist, and hand injuries. The student demonstrates knowledge and skills in the management of injuries to the elbow, forearm, wrist, hand, and fingers.

(13) Thigh, hip, groin, and pelvis injuries. The student demonstrates knowledge and skills in the management of injuries to the thigh, hip, and pelvis in sports.

(14) Knee injuries. The student demonstrates knowledge and skills in the management of knee injuries in sports.

(15) Ankle and lower leg injuries. The student demonstrates knowledge and skills in the management of ankle and lower leg injuries in sports.

Unit 3. Introduction to Cardiopulmonary Resuscitation and Blood Borne Pathogens (10 Days)

(2) Cardiopulmonary resuscitation (CPR), automated external defibrillator (AED), and first-aid procedures. The student demonstrates the knowledge and skills in performing first aid and the use of CPR and an AED.

(3) Bloodborne pathogens and wound care. The student demonstrates knowledge and skills in wound care, bloodborne pathogens, and universal precautions.

Unit 4. Introduction to Sports Injuries (10 days)

(7) Injury recognition. The student demonstrates knowledge and skills in the recognition of sports injuries.

2nd Nine Weeks

Unit 5. Sports Injury Prevention and Rehabilitation (14 days)

(5) Injury rehabilitation. The student demonstrates knowledge and skills in basic injury rehabilitation.

Unit 6. Foot, Ankle, Lower Leg Injuries (30 days)

(15) Ankle and lower leg injuries. The student demonstrates knowledge and skills in the management of ankle and lower leg injuries in sports.

Second Semester

3rd Nine Weeks

Unit 8: Knee Injuries (13 days)

(14) Knee injuries. The student demonstrates knowledge and skills in the management of knee injuries in sports.

Unit 09: Hip and Pelvis Injuries (12 days)

(13) Thigh, hip, groin, and pelvis injuries. The student demonstrates knowledge and skills in the management of injuries to the thigh, hip, and pelvis in sports.

Unit 10: Shoulder Complex Injuries (13 days)

(11) Shoulder injuries. The student demonstrates knowledge and skills in the management of shoulder injuries in sports.

4th Nine Weeks

Unit 11. Elbow Injuries (12 days)

(12) Elbow, wrist, and hand injuries. The student demonstrates knowledge and skills in the management of injuries to the elbow, forearm, wrist, hand, and fingers.

Unit 12. Forearm, Wrist, and Hand Injuries (12 days)

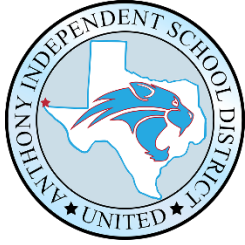
(12) Elbow, wrist, and hand injuries. The student demonstrates knowledge and skills in the management of injuries to the elbow, forearm, wrist, hand, and fingers.

Unit 13. Introduction to Skin Conditions and Diseases (13 days)

(18) Health concerns and disorders. The student identifies special, non-skeletal health concerns and explains how to address and perform care for various disorders that affect athletic performance.

Unit 14: Introduction to Bandaging and Taping (11 Days)

(4) Bandaging and taping. The student identifies and demonstrates various bandaging and taping skills.



Anthony High School

Teacher: Mr. Garcia

Subject: Sports Medicine III Syllabus

First Semester

1st Nine Weeks

Unit 1. Introduction to Athletic Training and Medical Terminology (8 days)

- (1) Organizing and administering an athletic training program. The student analyzes the organization and the operation of an athletic training program.
- (9) Career investigation. The student analyzes and evaluates the academic requirements and skills necessary for employment in a sports-related healthcare career.

Unit 2. Introduction to Sports Concussion (19 days)

- (2) Investigating sports concussion. The student investigates the frequency, definition, management, assessment, and protocols for sports concussions

Unit 3. Introduction to Cardiopulmonary Resuscitation and Blood Borne Pathogens (10 Days)

- (5) Planning for emergency situations and injury assessment. The student uses critical thinking skills in recognizing emergency situations and assessing injuries.

Unit 4. Introduction to Sports Injuries (10 days)

- (5) Planning for emergency situations and injury assessment. The student uses critical thinking skills in recognizing emergency situations and assessing injuries.

2nd Nine Weeks

Unit 5. Sports Injury Prevention and Rehabilitation (14 days)

- (5) Planning for emergency situations and injury assessment. The student uses critical thinking skills in recognizing emergency situations and assessing injuries.

(6) Basics of injury rehabilitation. The student researches and describes the best practices for the rehabilitation of athletic injuries.

Unit 6. Foot, Ankle, Lower Leg Injuries (30 days)

(8) Scenarios. The student will use critical-thinking and problem-solving skills in developing scenarios for sports medicine related injury situations.

Second Semester

3rd Nine Weeks

Unit 8: Knee Injuries (13 days)

(8) Scenarios. The student will use critical-thinking and problem-solving skills in developing scenarios for sports medicine related injury situations.

Unit 09: Hip and Pelvis Injuries (12 days)

(8) Scenarios. The student will use critical-thinking and problem-solving skills in developing scenarios for sports medicine related injury situations.

Unit 10: Shoulder Complex Injuries (13 days)

(8) Scenarios. The student will use critical-thinking and problem-solving skills in developing scenarios for sports medicine related injury situations.

4th Nine Weeks

Unit 11. Elbow Injuries (12 days)

(8) Scenarios. The student will use critical-thinking and problem-solving skills in developing scenarios for sports medicine related injury situations.

Unit 12. Forearm, Wrist, and Hand Injuries (12 days)

(8) Scenarios. The student will use critical-thinking and problem-solving skills in developing scenarios for sports medicine related injury situations.

Unit 13. Introduction to Skin Conditions and Diseases (13 days)

(8) Scenarios. The student will use critical-thinking and problem-solving skills in developing scenarios for sports medicine related injury situations.

Unit 14: Management of Athletic Training (11 Days)

(10) Management of the athletic training room. The student applies, utilizes, and practices advanced skills in the management of the athletic training room