

Sports Medicine I

Note: This is a tentative outline. This outline will be modified and adjusted, as needed!

1. Orientation

- Instructor and Student Identification:
- Student Expectations
- Classroom management
- Class rules:
- School Safety: Fire drill / Tornado Drill:

2. Section #1: Sports Medicine: The Multidisciplinary Approach to Athletic Health Care

- History of Sports Medicine
- Professions Associated with Sports Medicine
 - Career Project
- Athletic Training
 - History, Qualifications, & Education
- Liability & Risk Management
- Role of the Athletic Training Student Aid

3. Section #2: The Central Athletic Training Room

- Facility blueprints / makeup
 - Facility project
- Budgeting
 - Consumables
 - Nonconsumables
- Modalities Used in Athletic Training Room
- OSHA Standards
 - Infection Control

4. Section #3 Emergency Preparedness / Plan

- Medical vs. Non-Medical Emergencies
 - Development of an Emergency Plan
- Pre-Participation Exam (PPE)
- Environmental Issues Facing Athletes
 - Heat & Cold Disorders
- Diabetes

5. Section #4 CPR

- Training & Skills

6. Section #5 Effects on Athlete Performance

- Nutrition / Supplementation
- Pre-game Meal
- Eating Disorders
- Strength & Conditioning- Flexibility
- Sports Psychology

7. Section #6 Athletic Injury Evaluation & Treatment

- Primary & Secondary Evaluation
- Injury Documentation
 - HOPS / SOAP
 - Medical Abbreviations
- Athletic Return to Play
 - Taping & Wrapping
- Body Planes and Movements
- Vital Signs
- Hot and Cold Treatments
- Proper Equipment Fitting

8. Section #7 Final Exam