

Sports Medicine II

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 Kinesiology
 - Basic Structure of Human Body
 - Classification of Joints
 - Anatomical Planes

3. Section #2 Skeletal System – Chapter 16
 - Overall test of bones
 - Injuries to bones

4. Section #3 Muscles of the Human Body– Chapter 16
 - Overall test of muscles
 - Manual Stretching & Testing of Muscles
 - Injuries to muscles

5. Section #4 Lower Body Injuries
 - Chapter 17- Foot, Ankle, & Lower Leg
 - Chapter 18 - Knee
 - Chapter 19- Hip & Pelvis
 - Basic Anatomy
 - Common Injuries
 - Rehabilitation

6. Section #5 Upper Body Injuries
 - Chapter 20 - Elbow, Wrist, & Hand
 - Chapter 21 -Shoulder
 - Basic Anatomy
 - Common Injuries
 - Rehabilitation

10. Section #6 Injuries to the Head, Face & Brain
 - Facial Injuries
 - Concussions

11. Section #7 Systems of the Body

Nervous

Circulatory

Respiratory

Digestive

Skin

- Anatomy
- Functions / Purpose
- Effect on athletic performance
- Injuries

12. Section #8

- Insurance
- Pharmacology
- Job Skills
 - Resume Writing

13. Final Exam

Taught throughout Semester

❖ Med. Term Weekly Quizzes 10 words