

COURSE OUTLINE

Course: 30414 SPORTS MEDICINE

Total Course Hours: 540.00

CBEDS Title: THERAPEUTIC SERVICES

CBEDS #: 4267

Job Title(s):

Athletic Trainer Aide

Prerequisites:

16 years old or a junior in high school

Course Description:

The student will study anatomy/physiology, preventative health techniques, and skills for employment in physical therapy and athletic trainer aide roles. Integrated throughout the course are Academic and CTE standards, which include safety, communication, technology, ethics, career planning and other employability skills.

Hours	
Class	OJT

Occupational Competencies

1-7 on the Course Outline are generic to all BVROP courses and include the BVROP Student Outcomes

6.00	
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1 ORIENTATION

- A Identifies and discusses course objectives and competencies.
- B Discusses ROP Student Outcomes.
- C Explains class attendance and behavior objectives.

10.00	10.00
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2 HEALTH, SAFETY AND ENVIRONMENTAL MANAGEMENT

- A Describes accident procedure.
- B Demonstrates appropriate safety practices (e.g. bending, lifting, etc.).
- C Demonstrates knowledge of classroom procedures and drills (e.g. earthquake, fire and emergency).
- D Knowledge of CAL-OSHA requirements for blood handling
- E Demonstrates knowledge of universal precautions
- F Discusses and demonstrates appropriate bloodborne pathogen safety procedures
- G Demonstrates proper procedures for cleaning athletic training/physical therapy facility and equipment
- H Demonstrates an understanding of infectious diseases identification and prevention

10.00	10.00
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3 ETHICS AND LEGAL RESPONSIBILITIES

- A Defines sexual harassment and discusses tactics for handling harassment situations.
- B Applies appropriate workplace behavior and standards.
- C Discusses limits due to licensure
- D Identifies situations where liability is an issue
- E Discusses importance of confidentiality of clients
- F Discusses HIPPA/FIRPA guidelines as they relate to sports medicine

10.00	40.00
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4 LEADERSHIP AND TEAMWORK

- A Describes the characteristics and benefits of teamwork and leadership.
- B Demonstrates ability to make appropriate decisions.
- C Works well with others and gives/takes constructive criticism.

Hours	
Class	OJT

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| 24.00 | 6.00 | 5 | <u>CAREER PLANNING</u> | <ul style="list-style-type: none"> A Prepares a finished, professional portfolio showing the best work that has been completed during the class. B Locates job opportunities through the use of want-ads and placement agencies. C Visits at least one facility related to area of training and observes jobs performed. D Completes a job application correctly. E Prepares for and critiques a simulated employment interview. F Discusses employee benefits and rights as related to the specific occupational job area including gender equity and equal opportunity. G Identifies acceptable procedures to leave a job. H Applies for a scholarship. I Completes a professional resume. J Demonstrates appropriate personal grooming and dress. |
| 10.00 | 14.00 | 6 | <u>COMMUNICATION</u> | <ul style="list-style-type: none"> A Uses effective workplace conversation. B Reads and interprets written information and directions. C Practices various forms of written communication appropriate to the occupation. D Defines verbal and non-verbal communication |
| 10.00 | | 7 | <u>STUDENT OUTCOMES</u> | <ul style="list-style-type: none"> A Demonstrates Occupational Specific, Communication and Critical Thinking Skills B Demonstrates Responsible Work Ethics C Demonstrates Career/Employment Literacy D Demonstrates Effective Use of Technology |
| 16.00 | | 8 | <u>IMMEDIATE AND TEMPORARY CARE</u> | <ul style="list-style-type: none"> A Performs CPR B Completes basic first aid training C Demonstrates emergency procedures for sprains, strains, bleeding and fractures |
| 10.00 | 2.00 | 9 | <u>MUSCULAR SYSTEM</u> | <ul style="list-style-type: none"> A Discusses the functions of the muscular system B Identifies common muscles associated with athletic injuries C Identifies common muscular injuries associated with athletics |
| 10.00 | 2.00 | 10 | <u>SKELETAL SYSTEM</u> | <ul style="list-style-type: none"> A Discusses the functions of the skeletal system B Identifies common bones associated with athletic injuries C Identifies common bone injuries associated with athletics |
| 10.00 | 4.00 | 11 | <u>RESPIRATORY SYSTEM</u> | <ul style="list-style-type: none"> A Discusses the functions of the respiratory system B Identifies the organs in the system and their function |
| 10.00 | 4.00 | 12 | <u>CIRCULATORY SYSTEM</u> | <ul style="list-style-type: none"> A Discusses the functions of the circulatory system B Identifies the organs in the system and their function |
| 10.00 | 20.00 | 13 | <u>LOWER EXTREMITY INJURIES</u> | <ul style="list-style-type: none"> A Discusses anatomy of the ankle, foot, lower leg, thigh and hip B Identifies common mechanisms of injury to the lower extremities C Demonstrates emergency procedures for lower extremity injuries D Discusses various preventive techniques for lower extremity injuries E Demonstrates an understanding of the various evaluative tests for the lower extremities |

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10.00	20.00	14 <u>UPPER EXTREMITY INJURIES</u> A Discusses anatomy of the shoulder, elbow, wrist and hand B Recognizes common mechanisms of injury to the upper extremities C Demonstrates emergency procedures for upper extremity injuries D Discusses various preventative techniques for upper extremity injuries E Demonstrates an understanding of the various evaluative tests for the upper extremities
10.00	20.00	15 <u>HEAD, NECK AND TORSO INJURIES</u> A Discusses anatomy of the head, neck, back and torso B Recognizes common mechanisms of injury to the head, neck and torso C Demonstrates emergency procedures for head, neck and torso D Discusses various preventative techniques for head, neck and torso injuries E Demonstrates an understanding of the various evaluative tests for head, neck and torso injuries
4.00	4.00	16 <u>COLD MODALITIES</u> A Discusses the physiological effects of cold B Discusses the indications and contraindications for cold treatments C Identifies and discusses the various methods of cold application
4.00	4.00	17 <u>HEAT MODALITIES</u> A Discusses the physiological effects of heat B Discusses the indications and contraindication for heat treatments C Identifies and discusses the various methods of heat application
4.00	4.00	18 <u>ELECTRICAL MODALITIES</u> A Discusses the physiological effects of electrical stimulation B Discusses the indications and contraindications for electrical treatments C Identifies and discusses the various methods of electrical stimulation
4.00	8.00	19 <u>REHABILITATION PROGRAMS</u> A Discusses the foundations for the development of rehabilitation programs B Identifies the various therapeutic tools available for rehabilitation C Assists in the development and observation of basic rehabilitation programs
4.00	4.00	20 <u>BODY TEMPERATURE</u> A Discusses normal body temperature and abnormal variations B Takes and records oral, axillary and tympanic body temperature
10.00	4.00	21 <u>PULSE</u> A Identifies normal rates at rest and exertion B Calculates training pulse rate C Accurately obtains and records pulse rates D Identifies commonly used pulse sites
4.00	4.00	22 <u>RESPIRATION</u> A Describes normal and abnormal respirations B Counts and records respirations
4.00	4.00	23 <u>BLOOD PRESSURE</u> A Defines systolic and diastolic blood pressure B Defines hypo and hypertension C Takes and records blood pressure
3.00	3.00	24 <u>HEIGHT AND WEIGHT</u> A Takes and records height and weight
4.00	2.00	25 <u>BODY FAT</u> A Calculates body fat percentage

Hours	
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8.00	
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26 NUTRITION

- A Discusses general nutritional requirements for athletic nutrition
- B Describes pre-event meals
- C Identifies food supplements and FDA regulations
- D Discusses procedures for proper weight control
- E Discusses the nutritional aspects of fast food
- F Performs a nutritional self evaluation
- G Establishes proper and inappropriate ways to eat out

5.00	5.00
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27 ATHLETIC TRAINING ROOM MANAGEMENT

- A Identifies and understands injury records
- B Performs training room maintenance and sanitation
- C Describes training room discipline

	30.00
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28 FIRST AID AND EMERGENCY CARE

- A Demonstrates appropriate asepsis and safety of wound care
- B Demonstrates and provides appropriate care for all open wounds
- C Demonstrates appropriate technique and use of bandages and dressings
- D Identifies signs and symptoms of heat exhaustion and heat stroke
- E Assists in procedures for heat stroke/heat exhaustion
- F Assists in procedures for shock
- G Assists in procedures for unconscious athlete
- H Assists in procedures for hemorrhage
- I Assists in procedures for fractures
- J Assists in procedures for dislocations
- K Assists in procedures for sprains/strains
- L Assists in procedures for contusions
- M Assists in procedures for nose bleed

	14.00
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29 SPLINTING TECHNIQUES

- A Demonstrates appropriate splinting techniques for shoulder and upper arm
- B Demonstrates appropriate splinting techniques for elbow and forearm
- C Demonstrates appropriate splinting techniques for wrist and hand
- D Demonstrates appropriate splinting techniques for hip and thigh
- E Demonstrates appropriate splinting techniques for knee and lower leg
- F Demonstrates appropriate splinting techniques for foot and ankle
- G Demonstrates appropriate splinting techniques for cervical, thoracic and lumbar spine

4.00	2.00
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30 EMERGENCY SITUATIONS

- A Identifies proper and makes prior arrangements for personnel needed for emergency situations
- B Identifies proper and makes prior arrangements for equipment and supplies needed for emergency situations
- C Identifies the proper communication needed for emergency situations
- D Identifies proper transportation needed for emergency situations
- E Identifies proper accessibility needed for emergency situations
- F Identifies proper and makes prior arrangements needed for home and away contest for emergency situations

4.00	4.00
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31 RECORDS

- A Compiles and maintains emergency cards
- B Compiles and maintains consent forms
- C Compiles and maintains physical forms
- D Compiles and maintains treatment records
- E Compiles and maintains sign-in sheets
- F Compiles and maintains rehabilitation records
- G Compiles and maintains appropriate physician referral forms

Hours	
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40.00	32 <u>PREVENTATIVE AND THERAPEUTIC TAPING OF BODY REGIONS</u>
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- A** Uses appropriate taping and wrapping tools and supplies
- B** Demonstrates the effective use of adhesive taping and wrapping techniques for the upper extremities (shoulder spica, elbow hyperextension, wrist and hand support, thumb support and finger support)
- C** Demonstrates the effective use of adhesive taping and wrapping techniques for the lower extremities (hip spica, thigh compression, knee compression, knee hyperextension taping, shin taping, achilles support, ankle, arch and toe support)

4.00	2.00	33 <u>CRUTCH MEASUREMENT AND GAIT INSTRUCTION</u>
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- A** Discusses the various aspects of crutches and their function
- B** Discusses the inspection and appropriate maintenance of crutches
- C** Demonstrates how to appropriately measure and fit crutches for lower extremity injuries
- D** Demonstrates appropriate crutch gate patterns for lower extremity athletic injuries
- E** Demonstrates the appropriate use of crutches on stairs, through doors and on various surfaces

4.00	10.00	34 <u>ATHLETIC EQUIPMENT</u>
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- A** Demonstrates the use and fit of common athletic equipment
- B** Demonstrates the use and fit of football helmets and shoulder pads
- C** Demonstrates the use and fit of wrestling head gear
- D** Demonstrates the use and fit of mouth guards
- E** Demonstrates appropriate maintenance of common athletic equipment
- F** Demonstrates appropriate maintenance of football helmet snaps, pads and screws
- G** Demonstrates appropriate maintenance of shoulder pad straps and clips
- H** Demonstrates appropriate maintenance of shoulder, knee and ankle braces
- I** Demonstrates the use of common protective equipment and supplies
- J** Demonstrates the use of foam protective padding (doughnut pads)
- K** Demonstrates the use of rigid protective padding
- L** Demonstrates the use of shoulder, knee and ankle braces
- M** Demonstrates the use of heel cups
- N** Demonstrates the use of horseshoe pads

TOTAL HOURS

Class	OJT	Course
240.00	300.00	540.00