

Sports Medicine 2 (2025)

Foundation Standard 1:
Academic Foundation
Understand human
anatomy, physiology,
common diseases and
disorders, and medical
math principles. FS 1

- 1 Describe general injury causations and/or mechanisms.** 1

- 2 Describe tissue’s physiological responses to injury.** 2

- 3 Describe the physiology of pain.** 3

- 4 Describe and explain the phases of the soft-tissue and bony healing processes.** 4

- 5 Describe the general medical conditions and injuries of the following body systems, which affect or are common to athletic participation: cardiovascular, respiratory, muscular, skeletal, nervous, gastrointestinal, excretory, reproductive, endocrine, and integumentary (skin).** 5

- 6 Describe the components of the evaluation process, such as history, observation, palpation, and special tests.** 6

- 7 Describe the appropriate assessment, care, and rehabilitation of the following areas:** 7
 - a ankle/foot A
 - b knee B
 - c hip/pelvis C
 - d thorax/abdomen D
 - e head/spine/face E
 - f shoulder F
 - g elbow G
 - h wrist/hand H

- 8 Describe the process of dealing with catastrophic injury and death in athletics.** 8

- 9 Describe the phases of a rehabilitation program.** 9

10 Describe the indications and contraindications of common therapeutic modalities, including: 10

- a cryotherapy A
- b thermotherapy B
- c electrotherapy C
- d ultrasound D
- e intermittent compression E
- f therapeutic massage. F

11 Describe considerations for treating injuries in various stages of the healing process. 11

Foundation Standard 2: Communications
Demonstrate methods of delivering and obtaining information, while communicating effectively. FS 2

1 Demonstrate obtaining pertinent patient information: 1

- a demographics A
- b medical history B
- c injury history C
- d progress D

2 Create an injury report using the SOAP Note (Subjective, Objective, Assessment, Plan) format. 2

3 Demonstrate use of forms such as treatment logs, rehabilitation records, emergency information cards, and consent forms. 3

5 Demonstrate elements of written and electronic communication: 4

- a spelling A
- b grammar B
- c formatting C
- d confidentiality D

5 Engage in active listening and demonstrate comprehension of verbal instructions, requests, and other information to verify accuracy. 5

**Foundation Standard 4:
Employability Skills Use
employability skills to
enhance employment
opportunities and job
satisfaction** FS 4

- 1 Initiate components of a personal portfolio to potentially include:** 1
 - a resume A
 - b cover letter B
 - c sample projects C
 - d writing sample D
 - e work-based learning documentation E
 - f oral reports, service learning F
 - g community service G
 - h certifications or credentials H
 - i technology skills I
 - j leadership experience J
 - k student and/or professional organization memberships or recognitions etc. K

2 Develop a job description for a sports medicine related career. 2

**Foundation Standard 5:
Legal Responsibilities
Describe legal
responsibilities,
limitations, and
implications on
healthcare worker
actions.** FS 5

- 1 Identify duties of sports medicine providers according to regulations, policies, laws, and legislated rights of patients.** 1
- 2 Compare and contrast the scope of practice among regulated healthcare professionals, students, and other individuals.** 2
- 3 Apply procedures for proper documentation and storage of medical records.** 3
- 4 Explain the laws governing harassment, labor, and employment.** 4
- 5 Understand Title IX and how it relates to equity in sports.** 5
- 6 Review the “Good Samaritan Law” and how it relates to lay persons vs. licensed medical professionals** 6

**Foundation Standard 6:
Ethics (Located in SM
1)** FS 6

6 Foundation Standard 6: Ethics (Located in SM 1) FS 6

**Foundation Standard 7:
Safety Practices Identify
existing and potential
hazards to clients, co-
workers, and self.
Employ safe work
practices and follow
health and safety
policies and procedures**

- 1 Apply principles of personal safety practices to include** 1
 - a hygiene A
 - b sanitation B
 - c body mechanics C
 - d ergonomics D
- 2 Explain the importance of appropriate sports medicine and athletic facility inspections and maintenance** 2

to prevent injury and illness. FS 7

3 Demonstrate appropriate use of infectious disease control measures as established by the Occupational Safety and Health Administration (OSHA) and the Center for Disease Control (CDC). 3

Foundation Standard 8: Teamwork Identify roles and responsibilities of individual members as part of the healthcare team. FS 8

1 Demonstrate effective collaboration as members of an interdisciplinary team. 1

2 Recognize characteristics of effective teams. 2

3 Discuss methods for building positive team relationships. 3

4 Act responsibly as a team member. 4

Foundation Standard 9: Health Maintenance Practices Differentiate between wellness and disease. Promote disease prevention and model healthy behaviors. FS 9

1 Explore the use of therapeutic drugs in sports medicine. 1

2 Describe the difference between over the counter and prescription medications and their uses. 2

3 Discuss the different classifications of common medications. 3

4 Identify safety guidelines associated with proper medication use including: 4

a storage A

b indications B

c contraindications C

d side-effects e. interactions D

e interactions E

Foundation Standard 10: Technical Skills Apply and demonstrate technical skills and knowledge as appropriate while participating as an athletic training student aide or work-based learning student, under the supervision of a sports medicine professional. FS 10

1 Demonstrate the ability to fit crutches. 1

2 Instruct the proper use of crutches in three-point and four-point gaits. 2

3 Observe, measure, record, and evaluate vital signs including normal ranges for: 3

a temperature A

b skin color B

c pulse C

d respiration D

e level of consciousness E

f blood pressure F

4 Demonstrate appropriate stretching techniques to improve musculoskeletal flexibility. 4

5 Demonstrate basic taping and wrapping skills for the prevention of common musculoskeletal injuries. 5

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- 6 Demonstrate specific joint motions (elbow flexion, ankle inversion, etc.)** 6

 - 7 Locate anatomical landmarks (olecranon process, lateral malleolus, etc.) common to sports injuries.** 7

 - 8 Demonstrate using various splinting materials and devices used in a sports medicine setting.** 8

 - 9 Demonstrate appropriate components of care for the spine-injured athlete.** 9

 - 10 Identify various rehabilitation techniques, goals, and strategies.** 10

 - 11 Demonstrate Healthcare Basic Life Support CPR/AED.** 11
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**Foundation Standard 11:
Information Technology
Applications Apply
information technology
applications common
across health
professions.** FS 11

- 1 Evaluate the validity of information from web-based resources.** 1

- 2 Use computer applications to create pertinent sports medicine forms and/or presentations.** 2

- 3 Identify various uses of technology in injury evaluation and tracking.** 3

- 4 Demonstrate the use of basic computer operations and file organization.** 4

- 5 Discuss the use of appropriate email, social, and educational media.** 5