

# Sports Medicine 1 (7660)

## Obtaining First Aid and CPR/AED Education SM.1

- 1 Explain blood-borne pathogens and the importance of universal precautions. SM.1.1
- 2 Comply with the clinical site-specific exposure control plan. SM.1.2
- 3 Explain the role of OSHA in the sports medicine profession. SM.1.3
- 4 Complete a nationally recognized certification for first aid. SM.1.4
- 5 Complete a sports first aid module not included in a typical first aid course. SM.1.5
- 6 Identify the components of a primary and secondary survey. SM.1.6
- 7 Complete a nationally recognized certification in CPR/AED (cardiopulmonary resuscitation/automatic external defibrillator). SM.1.7

## Understanding Human Anatomy and Physiology SM.2

- 1 Explain the integumentary system. SM.2.1
- 2 Explain the musculoskeletal system. SM.2.2
- 3 Explain the cardiovascular and circulatory systems. SM.2.3
- 4 Explain the respiratory system. SM.2.4
- 5 Explain the nervous system. SM.2.5
- 6 (Optional) Explain the urinary system. SM.2.6
- 7 (Optional) Explain the female reproductive system. SM.2.7
- 8 (Optional) Explain the male reproductive system. SM.2.8
- 9 Explain the lymphatic and immune systems as they relate to inflammatory response after injury. SM.2.9
- 10 (Optional) Explain the digestive system. SM.2.10
- 11 Explain the endocrine system. SM.2.11
- 12 (Optional) Explain the sensory system. SM.2.12

## Understanding Nutrition SM.3

- 1 Explain basics of nutrition. SM.3.1
- 2 Explain factors that impact nutrition. SM.3.2
- 3 Explain how nutritional needs are impacted by physical activity. SM.3.3
- 4 Explain the relationship between nutrition and injury, illness, and health conditions. SM.3.4
- 5 Perform a nutritional analysis. SM.3.5
- 6 Interpret a nutritional analysis. SM.3.6

## Understanding Biomechanics SM.4

- 1 Identify lever systems associated with the human body. SM.4.1
- 2 Describe the principles associated with the planes and axes of human movement. SM.4.2
- 3 Identify how force, mass, and gravity relate to human body mechanics. SM.4.3

## Understanding Medical Terminology SM.5

- 1 Explain medical terminology commonly used in sports medicine. SM.5.1
- 2 Use appropriate medical terminology. SM.5.2
- 3 Explain commonly used prefixes and suffixes in medical terminology. SM.5.3

## Understanding Injuries and Illnesses SM.6

- 1 Explain that a sprain is an injury to a ligament. SM.6.1
- 2 Explain that a strain is an injury to a muscle or tendon. SM.6.2
- 3 Explain that a fracture is an injury to a bone. SM.6.3
- 4 Demonstrate knowledge of basic taping and wrapping techniques for musculoskeletal injuries. SM.6.4
- 5 Identify catastrophic injuries. SM.6.5
- 6 Identify neurological and brain injuries and conditions. SM.6.6
- 7 Identify infectious and contagious diseases related to physical activity. SM.6.7
- 8 Identify other health conditions that affect participation in physical activity. SM.6.8
- 9 Explain common psychological responses to injury. SM.6.9

## Understanding Legal and Ethical Issues in Sports Medicine SM.7

- 1 Distinguish among misfeasance, malfeasance, nonfeasance, and acts of commission/omission. SM.7.1

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- 2 Explain the legal and ethical significance of documentation and record-keeping in sports medicine.** SM.7.2

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  - 3 Explain the purpose and importance of medical documentation.** SM.7.3

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  - 4 Document the history of an injury.** SM.7.4

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  - 5 Explain the legal and ethical significance of confidentiality in sports medicine.** SM.7.5

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  - 6 Identify the legal practice limitations of student aides vs. paraprofessionals vs. professionals in sports medicine.** SM.7.6

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  - 7 Identify the necessity of client/patient referral to other healthcare professionals and practitioners.** SM.7.7

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  - 8 Explain the implications that Americans with Disabilities Act (ADA) and cultural competence have within the field of sports medicine.** SM.7.8

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  - 9 (Optional) Demonstrate ethical behavior within the sports medicine profession.** SM.7.9
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**Exploring Sports  
Medicine Careers** SM.8

- 1 Explain the continuing education requirements in various sports medicine professions.** SM.8.1

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- 2 Identify organizations relevant to sports medicine professions.** SM.8.2

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- 3 Identify credentials recognized in the sports medicine profession.** SM.8.3