

Sports Medicine/Athletic Training II (Condensed) (8317—36 weeks/140 hours)

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(8317—36 weeks/140 hours) **SMAT2**

A Demonstrating Personal Qualities and Abilities **SMAT2.1**

- 1 Demonstrate creativity and innovation. **SMAT2.1.1**
- 2 Demonstrate critical thinking and problem solving. **SMAT2.1.2**
- 3 Demonstrate initiative and self-direction. **SMAT2.1.3**
- 4 Demonstrate integrity. **SMAT2.1.4**
- 5 Demonstrate work ethic. **SMAT2.1.5**

B Demonstrating Interpersonal Skills **SMAT2.2**

- 6 Demonstrate conflict-resolution skills. **SMAT2.2.6**
- 7 Demonstrate listening and speaking skills. **SMAT2.2.7**
- 8 Demonstrate respect for diversity. **SMAT2.2.8**
- 9 Demonstrate customer service skills. **SMAT2.2.9**
- 10 Collaborate with team members. **SMAT2.2.10**

C Demonstrating Professional Competencies SMAT2.3

- 11 Demonstrate big-picture thinking. SMAT2.3.11
- 12 Demonstrate career- and life-management skills. SMAT2.3.12
- 13 Demonstrate continuous learning and adaptability. SMAT2.3.13
- 14 Manage time and resources. SMAT2.3.14
- 15 Demonstrate information-literacy skills. SMAT2.3.15
- 16 Demonstrate an understanding of information security. SMAT2.3.16
- 17 Maintain working knowledge of current information-technology (IT) systems. SMAT2.3.17
- 18 Demonstrate proficiency with technologies, tools, and machines common to a specific occupation. SMAT2.3.18
- 19 Apply mathematical skills to job-specific tasks. SMAT2.3.19
- 20 Demonstrate professionalism. SMAT2.3.20
- 21 Demonstrate reading and writing skills. SMAT2.3.21
- 22 Demonstrate workplace safety. SMAT2.3.22

D Examining All Aspects of an Industry SMAT2.4

- 23 Examine aspects of planning within an industry/organization. SMAT2.4.23
- 24 Examine aspects of management within an industry/organization. SMAT2.4.24
- 25 Examine aspects of financial responsibility within an industry/organization. SMAT2.4.25
- 26 Examine technical and production skills required of workers within an industry/organization. SMAT2.4.26
- 27 Examine principles of technology that underlie an industry/organization. SMAT2.4.27
- 28 Examine labor issues related to an industry/organization. SMAT2.4.28
- 29 Examine community issues related to an industry/organization. SMAT2.4.29
- 30 Examine health, safety, and environmental issues related to an industry/organization. SMAT2.4.30

E Addressing Elements of Student Life SMAT2.5

- 31 Identify the purposes and goals of the student organization. SMAT2.5.31
- 32 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult. SMAT2.5.32
- 33 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects. SMAT2.5.33
- 34 Identify Internet safety issues and procedures for complying with acceptable use standards. SMAT2.5.34

F Exploring Work-Based Learning SMAT2.6

- 35 Identify the types of work-based learning (WBL) opportunities. SMAT2.6.35
 - 36 Reflect on lessons learned during the WBL experience. SMAT2.6.36
 - 37 Explore career opportunities related to the WBL experience. SMAT2.6.37
 - 38 Participate in a WBL experience, when appropriate. SMAT2.6.38
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G Understanding Exercise Physiology SMAT2.7

- 39 Identify the components of fitness. SMAT2.7.39
 - 40 Explain the metabolic energy systems. SMAT2.7.40
 - 41 Explain methods to analyze body composition. SMAT2.7.41
 - 42 Perform body composition analysis using a variety of methods, including anthropometric measurements. SMAT2.7.42
 - 43 Assess vital signs. SMAT2.7.43
 - 44 Differentiate between acute and chronic adaptations to exercise. SMAT2.7.44
 - 45 Explain the body's response to exercise throughout the lifespan. SMAT2.7.45
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H Application of Biomechanical Principles SMAT2.8

- 46 Explain lever systems associated with the human body. SMAT2.8.46
 - 47 Demonstrate the principles associated with the planes and axes of human movement. SMAT2.8.47
 - 48 Explain how force, mass, and gravity relate to human body mechanics. SMAT2.8.48
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I Exploring Exercise Program Design SMAT2.9

- 49 Describe acute training variables and phases within exercise program design. SMAT2.9.49
- 50 Explain health-related fitness factors. SMAT2.9.50
- 51 Design programs for each phase of training. SMAT2.9.51

J Preventing Injuries SMAT2.10

- 52 Describe the relationship between preexisting conditions and injury prevention. SMAT2.10.52
- 53 Explain the criteria used to determine readiness to participate in physical activities. SMAT2.10.53
- 54 Perform a fitness assessment. SMAT2.10.54
- 55 Demonstrate safe exercise progression for healthy individuals. SMAT2.10.55
- 56 Explain safe training principles to include frequency, intensity, duration, and mode. SMAT2.10.56
- 57 Apply the principles of strength training to various case study scenarios. SMAT2.10.57
- 58 Explain safe techniques to enhance strength of major muscle groups. SMAT2.10.58
- 59 Demonstrate safe lifting and spotting techniques when performing strengthening activities. SMAT2.10.59
- 61 Develop a safe strengthening program for healthy individuals. SMAT2.10.61
- 62 Explain the basic principles and importance of flexibility training. SMAT2.10.62
- 63 Explain safe techniques to enhance joint range of motion of major muscle groups. SMAT2.10.63
- 64 Develop a safe flexibility program for healthy individuals. SMAT2.10.64
- 65 Explain the basic principles and importance of proprioception. SMAT2.10.65
- 66 Demonstrate safe techniques to enhance proprioception for self and others, explaining each technique. SMAT2.10.66
- 67 Implement a safe proprioception program for healthy individuals, assessing for effectiveness over time. SMAT2.10.67
- 68 Identify environmental factors related to injury prevention. SMAT2.10.68
- 69 Demonstrate procedures for reporting potential environmental hazards to appropriate personnel. SMAT2.10.69
- 70 Demonstrate procedures for reporting potential equipment safety hazards to appropriate personnel. SMAT2.10.70

K Treating and Managing Injuries and Conditions SMAT2.11

- 71 Explain the purpose of goal setting in the treatment of injuries. SMAT2.11.71
- 72 Manage an injury within the scope of first aid. SMAT2.11.72
- 73 Explain factors to consider in creating a progressive return-to-activity program following injury or illness. SMAT2.11.73
- 74 Identify appropriate referral sources based on the scope of practice of healthcare professionals. SMAT2.11.74
- 75 Explain the theory and application of common therapeutic interventions to treat and manage injuries and conditions based on professional scope of practice. SMAT2.11.75

L Preparing for a Career SMAT2.12

- 76 Research sports medicine-related professions. SMAT2.12.76
- 77 Draft a résumé reflecting the student's career objective. SMAT2.12.77
- 78 Practice interviewing skills. SMAT2.12.78
- 79 Explain the basic legalities related to employment hiring practices in the sports medicine field. SMAT2.12.79
- 80 Explain the relationship between ethics and employment skills. SMAT2.12.80
- 81 Complete an internship in a sports medicine-related field. SMAT2.12.81
- 82 Describe educational opportunities for advancement in sports medicine professions. SMAT2.12.82
- 83 Describe the effect of technology in sports medicine. SMAT2.12.83
- 84 Explain the NASM-PES and/or NASM-CPT credential. SMAT2.12.84

M Describing the Opioid Crisis SMAT2.13

- 85 Describe the history and current state of the opioid crisis in the United States. SMAT2.13.85
- 86 Describe the history and current state of the opioid crisis in Virginia. SMAT2.13.86
- 87 Define the pharmacological components and common uses of opioids. SMAT2.13.87

N Examining the Key Factors of Drug Addiction SMAT2.14

- 88 Examine the science of addiction. SMAT2.14.88
- 89 Explain prevention and early intervention strategies. SMAT2.14.89
- 90 Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). SMAT2.14.90
- 91 Describe the treatment models of addiction therapy. SMAT2.14.91
- 92 Describe the medication management antidote used to prevent fatal opioid overdoses. SMAT2.14.92

O Understanding Pain Management Protocols SMAT2.15

- 93 Explain the science of physiological and mental pain. SMAT2.15.93
- 94 Describe the diagnostic tools used in developing pain management plans. SMAT2.15.94
- 95 Describe pain treatment options available to various populations of patients. SMAT2.15.95
- 96 Describe the effects of opioid dependency on the human body systems. SMAT2.15.96
- 97 Explain the mechanism and physical effects of opioids on the human body. SMAT2.15.97
- 98 Explain the use of opioids in practice settings, the role of opioids in pain management, and risk factors associated with the use of the medication. SMAT2.15.98
- 99 Describe the withdrawal and tapering side effects of opioid use. SMAT2.15.99
- 100 Describe storage and disposal options for opioids. SMAT2.15.100
- 101 Explain community resources for education about opioid use. SMAT2.15.101

P Working with Patients and Caregivers SMAT2.16

- 102 Describe key communication topics involving opioids for patients. SMAT2.16.102
- 103 Describe communication topics for caregivers and family members. SMAT2.16.103