



Unit Title	CPR/AED & First Aid Procedures	Bloodborne Pathogens & Wound Care	Bandaging & Taping	Injury Rehab	Therapeutic Modalities	Injury Recognition: Body Parts
Time	Whole Year	Whole Year	Whole Year	Whole Year	Whole Year	Whole Year
Activities	Demonstrate basic first-aid skills	Demonstrate how to care for wounds and implement the use of universal precautions against bloodborne pathogens	Identifies and demonstrates bandaging and taping skills	Demonstrate skills that provide basic-level injury rehabilitation	Demonstrate the use of therapeutic modalities	Demonstrates how to recognize sports injuries.
Understanding	Identify the emergencies that require the use of CPR and AED protocols	Identify types of wounds including abrasions, lacerations, punctures, and avulsions	Explain the purpose of taping sports injuries	Demonstrate and explain isometric and isotonic exercises	Identify and describe the five basic therapeutic modalities	Differentiate between acute and chronic injury
	Demonstrate and explain how to apply CPR and use an AED	Describe how to provide immediate care for open wounds and how to stop the bleeding	Explain the need for and demonstrate the application of roller, triangular, and cravat bandages	Demonstrate proper instruction of rehab exercise as specified by instructor	Identify and describe the thermal modalities	Describe acute traumatic injuries, including fractures, dislocations and subluxations, contusions, ligament sprains, muscle strains, muscle soreness, and nerve injuries
	Demonstrate and explain first aid skills such as acute care and splinting	Describe the procedures used to clean wounds	Identify available taping materials such as micropore paper tape, medical adhesive tape, and surgical tape	Describe and demonstrate rehab exercises for each upper and lower extremity	Compare the effects of cold versus heat as a therapeutic modality	Identify chronic overuse injuries in sports such as shin splints, plantar fasciitis, and stress fractures and their causes
	Perform manual conveyance and ambulatory aid	Describe and explain different methods to dress and bandage acute wounds	Describe the relationship between dressing selection and wound healing	Describe and demonstrate examples of a functional progression exercise	Describe the effect of electric and sound modalities on the healing process of athletic injuries, including electrical stimulation and ultrasound	Describe the phases of the inflammatory process due to injury
	Describe and demonstrate how to properly fit crutches	Describe and demonstrate the proper technique to apply and remove gloves	Describe and explain the purpose of each strip in the application of tape to an arch, ankle, shin, hand, wrist, and thumb	Demonstrate and explain how to use rehab equipment such as bike, weights, and Thera-Band	Demonstrate and explain the proper set-up of modalities such as thermal, electrical, sound, light, and mechanical; and perform the proper application of a modality (s) such as thermal, electrical, sound, light, and mechanical and explain its benefits in the healing process.	Identify the phases of the healing process; and
	Describe how to walk with crutches	Explain how to properly dispose of saturated bandages	Explain how to properly remove tape and bandages from an extremity	Demonstrate and explain proper sport-specific rehab exercises		Demonstrate and explain the steps used in the evaluation of injury.
	Describe the signs of shock and explain techniques used to manage shock including laying the victim prone, raising legs, and reassuring the victim	Explain the benefits of and demonstrate how to use personal protective equipment		Identify the criteria for return to play		
	Explain how to provide accurate and relevant information to a 911 operator in a simulated emergency setting			Maintain proper record keeping of a rehab session		
TEKS	2 A-H	3 A-G	4 A-F	5 A-H	6 A-E	7 A-F

Substance Abuse	Health Concerns & Disorders	Athletic Training Room Management
Whole Year	Whole Year	Whole Year
demonstrates how to conduct a drug test for anabolic steroids and performance-enhancing drugs.	Identifies non-skeletal health concerns and explains how to address and care for disorders that affect athletic performance.	Identifies and demonstrates how to assist in the management of the athletic training room.
Describe illegal substances that are currently used by athletes such as prescription stimulants such as Adderall and Ritalin and prescription pain medications such as opiates and cocaine	Describe the causes, prevention, and care of the common skin infections in sports, including impetigo, staphylococcal disease, MRSA, folliculitis, carbuncle, herpes simplex, herpes zoster (chicken pox), and tinea corporis (ringworm)	Describe and demonstrate cleaning and maintenance of the athletic training room
Explain the dangers of anabolic steroids and performance-enhancing drugs; and	Identify and describe respiratory tract illnesses	Describe and demonstrate record-keeping procedures
research and discuss current statistics regarding the use of performance-enhancing drugs and anabolic steroids by adolescent athletes.	Identify disorders of the gastrointestinal tract	Explain and perform skills in field set-up and breakdown of athletic facilities
	Describe the management of the diabetic athlete	Explain and perform specified modality and rehab area management skills; and
	Identify the danger ranges of hypertension related to blood pressure	explain and perform rehabilitation supervision and assistance skills.
	Describe and demonstrate how to take blood pressure, minute pulse rates and respirations	
	Demonstrate and explain the proper first aid treatment for a grand mal seizure	
	Identify the concerns inherent in medical and non-medical drug use among athletes.	
17 A-C	18 A-L	19 A-E