



**Alamo Heights Sports Medicine**

**AHISD SportsMedicine III Year at a Glance**

Unit Title	Organizing and Administering an Athletic Training Program	Investigating Sport Concussions	Preventing Injuries Through Fitness Training	Protective Sport Equipment	Planning for Emergency Situations & Injury Assessment
Time	Whole Year	Whole Year	Whole Year	Whole Year	Whole Year
Activities	Analyzes the organization and the operation of an athletic training program	Investigates the frequency, definition, management, assessment, and protocols for sports concussions	Researches and applies the principles of fitness training for the reduction of sports injuries	Analyzes how sports equipment protects participants and demonstrates the proper fitting of sports equipment	Demonstrates critical thinking and problem-solving skills in recognizing emergency situations and assessing injuries. The student is expected to
Understanding	Describe a well-designed athletic training facility	Explain the latest incidence of concussion percentages for selected sports	Identify the major conditioning seasons and the types of exercise that performed in research and describe the principles of conditioning	Identify the major legal ramifications relating to manufacturing, buying, and issuing commercial protective equipment	Develop a plan for handling emergency situations in secondary schools
	Discuss the importance of the rules of operation that should be enforced in an athletic training program	Define concussion according to the 2012 Zurich Consensus Statement	Explain the importance of the warm-up and cool-down periods	Demonstrate the fitting of selected protective equipment	Evaluate and describe the importance of cardiopulmonary resuscitation (CPR) and the automated external defibrillator (AED) device
	Develop budgetary priorities for ordering supplies and equipment	Compare the Zurich definition of concussion with that of the 2020 National Trainers' Association (NATA) Sport Concussion Statement	Describe the importance of flexibility, strength, and cardiorespiratory endurance for both athletic performance and injury prevention	Differentiate among various sports use of protective devices	Demonstrate the techniques for controlling hemorrhage
	Explain the importance of the pre-participation physical exam	Analyze each level of concussion management in the 2020 National Athletic Trainers' Association (NATA) Sport Concussion Position Statement	Analyze techniques and principles for improving flexibility, muscular strength, and care	Compare the advantages and disadvantages of custom-made versus off-the-shelf lower extremity protective devices	Evaluate and describe the types of shock and how to manage shock
		Summarize the statutory authority regarding the prevention, treatment, and oversight of concussion affecting student athletes		Discuss the controversies surrounding the use of certain protective devices	Describe the various phases of injury assessment
		Evaluate common types of concussion assessment tools		Rate the protective value of various materials used to make pads and orthotic devices	Discuss the importance of controlling swelling during initial injury management
		Research the school's concussion protocol and discuss how it is applied			Demonstrate techniques for moving and transporting an injured athlete
		Identify the school's concussion oversight team and interview one member			Demonstrate appropriate care for skin wounds
TEKS	1 A-D	2 A-H	3 A-D	4 A-E	5 A-H

Basic Injury Rehabilitation	Therapeutic Modalities	Scenarios	Career Investigation	Visual research poster, multimedia software presentation, and case studies	Management of the Athletic Training Room
Whole Year	Whole Year	Whole Year	Whole Year	Whole Year	Whole Year
Researches and applies the best practices for the rehabilitation of athletic injuries	Applies knowledge and demonstrates skills in the use of therapeutic modalities	Demonstrates critical thinking and problem-solving skills in developing scenarios for sports medicine-related areas	Analyzes and evaluates the academic requirements and skills necessary for employment in a sports-related health care career	Researches, analyzes, and applies critical thinking to develop a visual research poster, a multimedia software presentation, and a case study presentation	Applies, utilizes, and practices advanced skills in the management of the athletic training room
Explain the principles of the rehabilitative process	Compare the dangers of using the various heat and cold modalities	Organize and administer an athletic training program	Research and analyze information related to the health care profession	Develop a visual research poster and a multimedia software presentation a topic such as the concepts of sports injury, law and sports injury, sports injury prevention, the psychology of injury, and the injury process	Demonstrate skills in cleaning and maintenance of the athletic training room
Identify the individual short-term and long-term goals of a rehabilitation program;	Research the indications for use of electrical stimulation and ultrasound for athletic injuries	Prevent injuries through fitness training	Develop a presentation to explain the facets of an athletic training career	Develop a case study on topics such as injuries to the head and neck, thoracic and coccygeal spine, shoulder region, arm, wrist and hand, hip and pelvis, thigh, leg, and knee; and the lower leg, ankle, and foot	Demonstrate skills in filing forms for student athletes
Analyze the criteria and the decision-making process used to determine when an injured athlete may return to full activity	Explain the set-up process of specified modalities such as muscle stimulators, whirlpools, and ultrasound units	Explain legal liability insurance coverage	Describe the health care team approach to sports injuries		Explain the importance of record-keeping procedures
	Identify the steps in the application of selected modalities	Select and fit protective sports equipment	Research the qualifications or credentials of an instructor-approved mentor in an athletic trainer career		Perform skills in field set-up and breakdown of athletic facilities
		Develop a strategy for the assessment of injuries in emergency situations	Investigate the post-graduate education and training of a healthcare career		Perform specified modality and rehabilitation management skills
			Evaluate the license or board certification requirements of the athletic trainer		Perform rehabilitation supervision and assistance skills
			Summarize an observation or shadowing experience		
6 A-C	7 A-D	8 A-E	9 A-G	10 A-B	11 A-F