Sports Medicine 2
Year at a Glance (YAG)

First Semester	Second Semester
1st Nine Weeks Injury Evaluation & Review	**3rd Nine Weeks Rehab & Modalities**
• Review Sports Medicine I basics • Body movements and anatomy (muscles, bones, joints) • How to evaluate injuries (HOPS, SOAP notes) • Focus on upper body injuries (shoulder, elbow, wrist, hand) Hands-on Practice: Basic evaluations and mock injury scenarios	• Healing and rehab process • Using treatment tools (ice, heat, stim, ultrasound) • Strength and conditioning for recovery • Create a simple rehab plan for an injury **Hands-on Practice**: Using modalities, rehab exercises
2nd Nine Weeks Lower body & Emergency Care	**4th Nine Weeks Career Skills and Capstone**
• Lower body injury evaluation (hip, knee, ankle, foot) • Spine injuries and posture assessment • Emergency procedures (CPR/AED, spine boarding, wound care) • Taping and bracing skills (ankle, knee) **Hands-on Practice**: CPR skills, taping lab, emergency drill	• Explore sports medicine careers • Observation hours or field experience • Professional skills (documentation, communication) • Final project or presentation **Hands-on Practice**: Present a rehab plan, build a student portfolio

Resources

1st Nine Weeks	2nd Nine Weeks	3rd Nine Weeks	4th Nine Weeks