

Sports Medicine I Pacing Guide

Cour	X Teacher-					
of sports medicine and the profession of athletic training.					made	
Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks	
1			What are life			
2	_		threatening and non			
3	I I mit 4		life-threatening			
4	Unit 1 Emergency		emergencies?			
5	Management/		How do I handle			
7	Life Saving Skills		emergency		CPR/RB Skills	
8	-		situations?	ARC/AHA	5 , 5	
				CPR/AED/FA	Wound	
9	Texts:		What is CPR?	Skills	Management	
10	AHA Video Series					
11	ARC CPR for the		What skills are		BBP Skills	
11	Professional		needed to provide		G 11	
12	Rescuer		basic First Aid?		Splinting	
12	ARC Community First Aid and Safety		How and when do I			
13	First Aid and Safety		use an AED?			
14			use all ALD:			
15						
Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks	
16						
			What is an ATC?			
17			\A/b a and no and and af			
	Unit 2		Who are members of the Sports Medicine			
18	Organization and	2.03	Team?	The ATSM Team	Training Room	
19	Administration	10.01	reum.	The Attown realin	Tour	
			What are employment	Organization and		
20			opportunities for	Administration in	Design Project	
	Texts:		ATCs?	Athletic Training		
21	Essentials of AT:				Facility Safety	
	Ch 1-3		What are components	Record Keeping	Inspection	
22	Data stall CAT		of a properly designed	11111111	545	
	Principles of AT:		training room?	Legal Liability	EAP	
23	Ch 1-3		What are legal aspects	and Insurance		
23			of Athletic Training?			
24			or Admedic Halling:			
			What administrative			
	i	i e		i	i l	
25			duties are required of			

Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
		1.03			
26		2.01			
		2.08			
27	Unit 3	4.01	What are the		
	Injury Prevention	4.02	components of		Wrapping
20		4.03	taping and	Taping and	Procedures:
28		4.04	bandaging?	Bandaging	Spica/Compression/
		4.05			Sling and Swathe
29	Texts:	4.06			
	Essentials of AT:	4.07			Taping Procedures:
30	Ch 11, 6	4.08	Why is the use of	Protective Sports	Ankle/Wrist/Thumb
	Principles of AT:	4.09	protective sports	Equipment	
31	Ch 8,7	4.10	equipment		
		4.11	important		Equipment Fitting
32		6.01	towards injury		Lab
		6.02	prevention?		
33		6.03			
		6.04			Concussion
34		6.05			Assessment Lab
		7.05			
35		9.01			
		9.02			
		9.03			
		10.02			
		10.03			
Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
Day 36	Topics	1.03	Essential ?s	Content	Strategies/Tasks
36	Topics	1.03 2.01	Essential ?s	Content	Strategies/Tasks
	Topics	1.03 2.01 2.08		Content	Strategies/Tasks
36	Topics	1.03 2.01 2.08 4.01	Why are	Content	
36	Topics	1.03 2.01 2.08 4.01 4.02	Why are nutritional		Taping Procedures:
36 37 38		1.03 2.01 2.08 4.01 4.02 4.03	Why are nutritional considerations	Nutritional	
36	Unit 4	1.03 2.01 2.08 4.01 4.02 4.03 4.04	Why are nutritional considerations important in		Taping Procedures:
36 37 38 39	Unit 4 Injury Prevention	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05	Why are nutritional considerations	Nutritional	Taping Procedures: Ankle/Wrist/Thumb
36 37 38	Unit 4	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06	Why are nutritional considerations important in	Nutritional	Taping Procedures:
36 37 38 39	Unit 4 Injury Prevention (Continued)	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07	Why are nutritional considerations important in athletics?	Nutritional Considerations	Taping Procedures: Ankle/Wrist/Thumb
36 37 38 39	Unit 4 Injury Prevention (Continued) Texts:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08	Why are nutritional considerations important in athletics?	Nutritional Considerations Psychology of	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09	Why are nutritional considerations important in athletics? What are the emotional	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb
36 37 38 39 40 41	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10	Why are nutritional considerations important in athletics? What are the emotional ramifications of	Nutritional Considerations Psychology of	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41 42	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01	Why are nutritional considerations important in athletics? What are the emotional ramifications of	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01 6.02	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41 42	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01 6.02 6.03	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41 42 43	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01 6.02 6.03 6.04	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41 42	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01 6.02 6.03 6.04 6.05	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41 42 43	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01 6.02 6.03 6.04 6.05 7.05	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41 42 43	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01 6.02 6.03 6.04 6.05 7.05 9.01	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41 42 43	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01 6.02 6.03 6.04 6.05 7.05 9.01 9.02	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41 42 43	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01 6.02 6.03 6.04 6.05 7.05 9.01 9.02 9.03	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab
36 37 38 39 40 41 42 43	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT:	1.03 2.01 2.08 4.01 4.02 4.03 4.04 4.05 4.06 4.07 4.08 4.09 4.10 4.11 6.01 6.02 6.03 6.04 6.05 7.05 9.01 9.02	Why are nutritional considerations important in athletics? What are the emotional ramifications of injury on an	Nutritional Considerations Psychology of Sports Injuries	Taping Procedures: Ankle/Wrist/Thumb Fit Day Lab

	MIDTERM EXAM				MIDTERM EXAM
Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
46 47 48 49 50 51 52 53 54 55 56	Unit 5 Injury Prevention/Basic Anatomy Texts: Essentials of AT: Ch 4 Principles of AT: Ch 4, 9, 10	2.01	Why is physical training and conditioning important factors toward injury prevention?	Physical Conditioning and Training Human Skeleton- Muscles and Bones	Taping Procedures: Ankle/Wrist/Thumb Stretching Lab Heart Rate Lab EAP Body Systems Project
58					
Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
59 60 61 62 63 64 65 66 67 68 69 70	Unit 6 Injury Assessment/ Management Texts: Essentials of AT: Ch 7, 12, 13 Principles of AT: Ch 12-16	1.03 2.01 2.04 3.01 3.07 3.08 4.11 4.12 5.03 7.03	What are common mechanisms of athletic injuries? How do tissues respond to trauma? What are some bio-hazardous protocols used in athletic training? What is the importance of proper injury assessment and evaluation in athletic training?	Mechanisms and Characteristics of Sports Trauma Tissue response to injury Medical terminology and basic body systems Injury assessment and evaluation HOPS/SOAP PRICES Heat and Ice Modalities	Taping Procedures: Ankle/Wrist/Thumb Wound Management Lab Splinting Lab Vital Sign Assessment Lab Massage Lab Heat/Ice Lab

Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
72	Unit 7				
73	Injury			Blood-borne	Taping Procedures:
74	Management	1.03	What	Pathogens	Ankle/Wrist/Thumb
75	(Continued)	2.01	environmental		
76		2.04	concerns are	HIV/HBV/AIDS	Psychrometer
77		3.01	important for		Readings
78		3.07	athletic trainers	Environmental	
79	Texts:	3.08	to monitor?	Conditions	Skin Disorder Lab
80	Essentials of AT:	4.11			
81	Ch 8, 10, 23	4.12	How are skin	Skin Disorders	
82	Principles of AT:	5.03	disorders		
83	Ch 6, 28	7.03	recognized and		
84	-		treated?		
85					
Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
86					
87	FINAL EXAM				FINAL EXAM
88					
89					
90					