



Sports Medicine I Pacing Guide

Course Description: A survey course designed to explore the field of sports medicine and the profession of athletic training.					☒ Teacher-made final exam
Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
1	<p style="text-align: center;">Unit 1 Emergency Management/ Life Saving Skills</p> <p>Texts: AHA Video Series ARC CPR for the Professional Rescuer ARC Community First Aid and Safety</p>		What are life threatening and non life-threatening emergencies?	<p style="text-align: center;">ARC/AHA CPR/AED/FA Skills</p>	<p style="text-align: center;">CPR/RB Skills Wound Management BBP Skills Splinting</p>
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Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
16	<p style="text-align: center;">Unit 2 Organization and Administration</p> <p>Texts: Essentials of AT: Ch 1-3 Principles of AT: Ch 1-3</p>	<p style="text-align: center;">2.03 10.01</p>	What is an ATC?	<p style="text-align: center;">The ATSM Team Organization and Administration in Athletic Training Record Keeping Legal Liability and Insurance</p>	<p style="text-align: center;">Training Room Tour Design Project Facility Safety Inspection EAP</p>
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Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
26	Unit 3 Injury Prevention Texts: Essentials of AT: Ch 11, 6 Principles of AT: Ch 8,7	1.03	What are the components of taping and bandaging?	Taping and Bandaging	Wrapping Procedures: Spica/Compression/ Sling and Swathe
27		2.01			
28		2.08			
29		4.01	Why is the use of protective sports equipment important towards injury prevention?	Protective Sports Equipment	Taping Procedures: Ankle/Wrist/Thumb
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31		4.03			
32		4.04			
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		4.10			
		4.11			
		6.01	Equipment Fitting Lab		
	6.02				
	6.03				
	6.04	Concussion Assessment Lab			
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	7.05				
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	9.03				
	10.02				
	10.03				
Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
36	Unit 4 Injury Prevention (Continued) Texts: Essentials of AT: Ch 5, 9 Principles of AT: Ch 5, 11	1.03	Why are nutritional considerations important in athletics?	Nutritional Considerations	Taping Procedures: Ankle/Wrist/Thumb
37		2.01			
38		2.08			
39		4.01	What are the emotional ramifications of injury on an athlete?	Psychology of Sports Injuries and Illness	Fit Day Lab
40		4.02			
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		6.01	Crutch Fitting		
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	7.05				
	9.01				
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	10.02				
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MIDTERM EXAM					MIDTERM EXAM
Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
46	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
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Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
59	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
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Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
72	Unit 7 Injury Management (Continued) Texts: Essentials of AT: Ch 8, 10, 23 Principles of AT: Ch 6, 28	1.03 2.01 2.04 3.01 3.07 3.08 4.11 4.12 5.03 7.03	What environmental concerns are important for athletic trainers to monitor? How are skin disorders recognized and treated?	Blood-borne Pathogens HIV/HBV/AIDS Environmental Conditions Skin Disorders	Taping Procedures: Ankle/Wrist/Thumb Psychrometer Readings Skin Disorder Lab
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Day	Topics	SCS Objectives	Essential ?s	Content	Strategies/Tasks
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