

Modern Principles of Athletic Training (Grades: 11, 12)

Prerequisite: Biology or Zoology (B or better);
teacher approval; informal interview

Credit: 1 year, 1 credit

Course Overview:

Students have the opportunity to pursue interests in the areas of sports medicine (e.g., athletic training, physical therapy, personal training). Classroom knowledge is coupled with 140 minimum hours of hands on training room/playing field experiences. Students will have access to the entire sports medicine community through guest speakers, job shadowing, and school to work opportunities. The content of the SD6 Modern Principles of Athletic Training (Sports Medicine curriculum) is aligned with the National Standards for H/PE and the Montana Content Standards and Benchmarks for Health Enhancement.

Standard 1: Students will have a basic knowledge and understanding of concepts that comprise sports medicine. (HECS—1, 3, 5, 7)

Benchmarks

1.1 Students will understand human anatomy. (1.12.1, 1.12.3, 3.12.1-3, 5.12.6)

Students will:

Essential Learnings	Assessment	Map
1.1.1 identify the anatomical planes.	V, W	I, D
1.1.2 identify the anatomical positions.	V, W	I, D
1.1.3 recognize and label general muscular and bony anatomy.	P	D, M
1.1.4 describe functions of bone, skin, muscle, ligament, tendon and cartilage.	V, W	D, M
1.1.5 describe classifications of joints.	V, W	D, M
1.1.6 explain types of motion biomechanics/kinesiology.	V, W	I, D

1.2 Students will understand human physiology. (5.12.3-6)

Students will:

Essential Learnings	Assessment	Map
1.2.1 describe and provide examples of types of bones.	V, W, and P	D, M for
1.2.2 describe and provide examples of muscles.	for all.	all.

1.3 Students will understand injury prevention. (1.12.1-2, 1.12.5, 3.12.1-3, 5.12.6, 7.12.5)

Students will:

Essential Learnings		Assessment	Map
1.3.1	understand why tape and wraps are applied to the body.	V, W	I, D
1.3.2	understand tape products available.	V, W	I, D
1.3.3	explain how to apply tape (e.g., principles of tape handling, skin preparation, taping techniques).	P	I, D, M
1.3.4	demonstrate proper taping procedures.	P	I, D, M
1.3.5	understand why and how elastic wraps are applied for specific body injuries.	P	I, D, M

1.4 Students will comprehend regional body injuries. (1.12.3, 3.12.1-3, 5.12.3-6, 7.12.5)

Students will:

Essential Learnings		Assessment	Map
1.4.1	describe various injuries (e.g., foot, ankle, lower leg, thigh, pelvis, back, abdomen, thorax, throat, c-spine, head, face, shoulder, upper arm, elbow, forearm, wrist, hand, finger).	V, W, and P.	I, D

1.5 Students will demonstrate knowledge of rehabilitation. (1.12.1-5, 3.12.1-3, 5.12.1-6, 7.12.4-5).

Students will:

Essential Learnings		Assessment	Map
1.5.1	describe components of S.O.A.P. notes for medical documentation.	V, W	I, D
1.5.2	understand and explain rehabilitation program.	V, W	I, D
1.5.3	demonstrate therapeutic exercise program development.	V, W	I, D
1.5.4	define passive, active assistance.	V, W	I, D
1.5.5	define resistance range of motion.	V, W	I, D
1.5.6	compare and contrast therapeutic modalities and benefits of each.	P	I, D, M

Standard 2: Students will demonstrate the ability to use critical thinking and decision making in sports medicine. (HECS—5)

2.1 Students will determine basic first aid/emergency care CPR. (1.12.1, 5.12.1-6, 6.12.1-4, 6.12.6)

Students will:

Essential Learnings		Assessment	Map
2.1.1	design a basic crisis plan.	V, W for all.	I, D
2.1.2	understand the role of a student assistant during a crisis.		I, D
2.1.3	pass A.R.C. First Aid/CPR written and practical certification.	P, O	M

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2.2 Students will examine sports medicine careers. (WPC—3 (3.12.3-4), 6 (6.12.1-6)

Students will:

Essential Learnings	Assessment	Map
2.2.1 know ATC, PT requirements.	V, W	I, D
2.2.2 know personal trainer requirements.	V, W	I, D
2.2.3 research sports medicine job opportunities.	P	D, M

2.3 Students will demonstrate knowledge of sports medicine issues. (1.12.3, 1.12.5, 5.12.1-2, 5.12.5-6. 7.12.3-5)

Students will:

Essential Learnings	Assessment	Map
2.3.1 understand legal issues.	V, W	I, D for all.
2.3.2 know administrative issues and documentation.	P	
2.3.3 know professional development requirements (CEUs).	V, W	
2.3.4 understand the PREMIER model for becoming a sports medicine professional.	V, W	