

New Health Science Curriculum!

Sports Medicine

The Sports Medicine CPU introduces students to a growing field in the health care industry. Sports medicine is a circle of care that begins on the playing field, advances to treatment, progresses to rehabilitation, and returns to the playing field. Students use hands-on activities that introduce them to proper stretching techniques, athletic taping, on-the-spot treatment of athletic injuries, rehabilitation, nutrition, and much more.

Activity 1	Introduction
Activity 2	Systems of the Body
Activity 3	Anatomy & Training Safety
Activity 4	Wellness Prevention
Activity 5	Nutrition & Body Composition
Activity 6	Types of Injuries & How to Heal
Activity 7	Emergency Actions
Activity 8	Sports Psychology
Activity 9	Concepts of Evaluation
Activity 10	Post-Test & Wrap-Up
Activity 11	Bonus Activities
Activity 12	Challenge
Activity 13	Open-Ended Challenge
Activity 14	Careers
Activity 15	Job Shadow

Skills:

- Learn to delegate responsibilities to members of a sports medicine team.
- Create a budget for designing a sports medicine facility.
- Establish a workout program for a specific sport.
- Wrap a sports injury by using the appropriate method.
- Document a list of common substances that could be used in a sports facility.

Knowledge:

- Discuss career opportunities within the industry.
- Select appropriate training equipment for a facility.
- Discuss training and conditionings techniques.
- Determine advantages and disadvantages of taping versus bracing.
- Identify tissue response and common injuries..
- Understand the use of vitamins and supplements.



Sports Medicine Includes: Student Workbook, Instructor's Manual, Installation CD, Headphones, Ankle Exercise Board, Athletic Training Table, Crutches, Exercise Mat, Goniometer 12", Skinfold Caliper, and Sports First Aid Essentials.