

PREVENTION/CARE OF ATHLETIC INJURIES

MIS03 07034

Provides the student with a background in athletic training and basic health care. The course emphasizes injury prevention, first responder management daily for athletic injuries and skills to fulfill the activities of daily living. Students will be able in one semester to complete the requirements to become a student athletic trainer.

Credit ½ or 1 credit

Level Grades 9-12

Standard 1	HEALTH SCIENCE ACADEMIC FOUNDATION <i>-Understand human anatomy, physiology, common diseases and disorders, and medical math principles.</i>	
Topic 1.1	Human Anatomy and Physiology	
	Student Competencies	
	1.1.2	Identify body planes, directional terms, cavities, and quadrants. a. Body planes (sagittal, mid-sagittal, coronal/frontal, transverse/horizontal) b. Directional terms (superior/inferior, anterior/posterior, ventral/dorsal, medial/lateral, proximal/distal, superficial/deep, cephalic/caudal) c. Cavities (dorsal, cranial, spinal, thoracic, abdominal, and pelvic, orbital, nasal, oral) d. Quadrants (right upper, right lower, left upper, and left lower)
	1.1.3	Analyze basic structures and functions of human body systems. a. Skeletal (bone anatomy, axial and appendicular skeletal bones, functions of bones, ligaments, types of joints) b. Muscular (microscopic anatomy of muscle tissue, types of muscle, locations of skeletal muscles, functions of muscles, tendons, directional movements)

		c. Nervous (structures and functions of nervous tissue and system, organization of nervous system, CNS/PNS, sympathetic/parasympathetic)
Topic 1.2	Diseases and Disorders	
	Student Competencies	
	1.2.1	Describe common diseases and disorders of each body system (such as: cancer, diabetes, dementia, stroke/CVA, heart disease, tuberculosis, hepatitis, COPD, kidney disease, arthritis, ulcers, asthma, cataracts, concussion/traumatic brain injury, cystic fibrosis, depression, anxiety, bipolar disorder). a. Etiology b. Pathology c. Diagnosis d. Treatment e. Prevention
Standard 2	COMMUNICATION <i>-Demonstrate methods of delivering and obtaining information, while communicating effectively.</i>	
Topic 2.1	Concepts of Effective Communication	
	Student Competencies	
	2.1.3	Identify the differences between subjective and objective information.
Topic 2.3	Written Communication Skills	
	Student Competencies	
	2.3.1	Utilize proper elements of written and electronic communication (spelling, grammar, and formatting).
Standard 4	EMPLOYABILITY SKILLS <i>-Utilize employability skills to enhance employment opportunities and job satisfaction.</i>	
Topic 4.1	Personal Traits of the Health Professional	
	Student Competencies	
	4.1.2	Summarize professional standards as they apply to hygiene, dress, language, confidentiality and behavior.
Topic 4.2	Employability Skills	
	Student Competencies	
	4.2.1	Apply employability skills in healthcare. a. Chain of command b. Correct grammar c. Decision making

		<ul style="list-style-type: none"> d. Professional characteristics e. Responsibility f. Scope of practice g. Teamwork
Topic 4.3	Career Decision-making	
	Student Competencies	
	4.3.1	Research levels of education, credentialing requirements, and employment trends in health professions.
Standard 5	LEGAL RESPONSIBILITIES <i>-Describe legal responsibilities, limitations, and implications on healthcare worker actions.</i>	
Topic 5.1	Legal Responsibilities and Implications	
	Student Competencies	
	5.1.1	Analyze legal responsibilities and implications of criminal and civil law. <ul style="list-style-type: none"> a. Malpractice b. Negligence
Topic 5.2	Legal Practices	
	Student Competencies	
	5.2.1	Apply standards for the safety, privacy and confidentiality of health information (HIPAA, privileged communication).
	5.2.4	Differentiate informed and implied consent.
Standard 6	ETHICS <i>-Understand accepted ethical practices with respect to cultural, social, and ethnic differences within the healthcare environment.</i>	
Topic 6.1	Ethical Practice	
	Student Competencies	
	6.1.3	Utilize procedures for reporting activities and behaviors that affect the health, safety, and welfare of others (such as: incident report).
Topic 6.2	Cultural, Social, and Ethnic Diversity	
	Student Competencies	
	6.2.2	Demonstrate respectful and empathetic treatment of ALL patients/clients (such as: customer service, patient satisfaction, civility).

Standard 7	SAFETY PRACTICES <i>-Identify existing and potential hazards to clients, co-workers, and self. Employ safe work practices and follow health and safety policies and procedures to prevent injury and illness.</i>	
Topic 7.1	Infection Control	
	Student Competencies	
	7.1.2	Differentiate methods of controlling the spread and growth of microorganisms. a. Aseptic control (antisepsis, disinfection) b. Standard precautions c. Blood borne pathogen precautions
Topic 7.5	Emergency Procedures and Protocols	
	Student Competencies	
	7.5.2	Apply principles of basic emergency response in natural disasters and other emergencies.
Standard 8	TEAMWORK <i>-Identify roles and responsibilities of individual members as part of the healthcare team.</i>	
Topic 8.1	Healthcare Teams	
	Student Competencies	
	8.1.1	Evaluate roles and responsibilities of team members. a. Examples of healthcare teams b. Responsibilities of team members c. Benefits of teamwork
Standard 9	HEALTH MAINTENANCE PRACTICES <i>-Differentiate between wellness and disease. Promote disease prevention and model healthy behaviors.</i>	
Topic 9.1	Healthy Behaviors	
	Student Competencies	
	9.1.1	Promote self-care behaviors of health and wellness (such as: nutrition, weight control, exercise, sleep habits).
	9.1.2	Describe public health strategies for prevention of disease.

		<ul style="list-style-type: none"> a. Routine physical exams b. Medical, dental, and mental health screenings c. Community health education outreach programs d. Immunizations e. Stress management f. Avoid risky behaviors
Standard 10	TECHNICAL SKILLS <i>-Apply technical skills required for all career specialties and demonstrate skills and knowledge as appropriate.</i>	
Topic 10.1	Technical Skills	
	Student Competencies	
	10.1.1	Apply procedures for measuring and recording vital signs including the normal ranges (such as: height/weight, temperature, pulse, respirations, blood pressure, pain).
Standard 11	INFORMATION TECHNOLOGY APPLICATIONS <i>-Utilize and understand information technology applications common across health professions.</i>	
Topic 11.2	Privacy and Confidentiality of Health Information	
	Student Competencies	
	11.2.1	Apply fundamentals of privacy and confidentiality policies and procedures (HIPAA).