

Sports Medicine 3 & 4
Scope & Sequence: Year 2

Semester 1		Semester 2	
Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p>Standards: 1.1-1.3; 6.1; 6.7; 9.1-9.3 Professional Standards: 2a-2b; 3a-3e; 4a-4f; 5a-5c</p> <p><u>Unit 1</u> Basics of Injury Rehabilitation</p> <ul style="list-style-type: none"> Learn medical terminology related to rehabilitation programs. Understanding the healing process and managing the rehabilitation process. The evaluation process-SOAP/HIPS/HOPS. Psychological considerations for rehabilitation. <p>Standards: 2.4, 7.1, 7.3, 7.6 Professional Standards: 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i</p> <p><u>Unit 2</u> Achieving the Goals of Rehabilitation</p> <ul style="list-style-type: none"> Difference between isotonic, isometric, and isokinetic. Describe different types of stretching/ballistic/dynamic/static. Establish core stability. Reestablishing neuromuscular control. Regaining postural stability and balance. Restoring range of motion and improving flexibility. 	<p>Standards: 2.1, 2.2, 7.1, 7.3 Professional Standards: 1a, 1c, 1d; 2c; 5e; 6a, 6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i</p> <p><u>Unit 3</u> Achieving the Goals of Rehabilitation & The Tools of Rehabilitation</p> <ul style="list-style-type: none"> Regaining muscular strength, endurance and power. Maintaining Cardiorespiratory fitness during rehabilitation. Plyometric exercise in rehabilitation. Open and closed kinetic chain exercises in rehabilitation. Joint mobilization and traction techniques. PNF techniques. <p>Standards: 3.7; 6.5; 7.4, 7.5 Professional Standards: 1a,1c.1d; 2c;5e; 6a,6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i, 8d, 8f, 8b</p> <p><u>Unit 4</u> The Tools of Rehabilitation & Rehabilitation Techniques for Specific Lower Extremity</p> <ul style="list-style-type: none"> Aquatic therapy in rehabilitation. Functional progression and functional testing in rehabilitation. 	<p>Standards: 3.7; 5.5 Professional Standards: 1b, 1c, 1a, 1c.1d; 2c; 5e; 6a, 6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i</p> <p><u>Unit 5</u> Rehabilitation Techniques for Specific Lower Extremity & Rehabilitation Techniques for Specific Upper Extremity</p> <ul style="list-style-type: none"> Rehabilitation of the knee. Rehabilitation of the shoulder. Rehabilitation of the elbow. Rehabilitation of the hand/fingers/wrist. Explain general strength and conditioning techniques and how they apply to therapeutic interventions for upper extremity injuries. Demonstrate common taping techniques. <p>Standards: 5.5 Professional Standards: 1a, 1c, 1d; 2c; 5e; 6a, 6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i</p> <p><u>Unit 6</u> Rehabilitation Techniques for Specific Upper Extremity & Rehabilitation Techniques for Concussions</p>	<p>Standards:2.1-2.4; 6.2; 6.4; 6.5 Professional Standards: 1a, 1c, 1d; 2c; 5e; 6a, 6b; 2a-2b; 3a-3e; 4a-4f; 5a-5c; 8a, 8h, 8i</p> <p><u>Unit 7</u> Rehabilitation Techniques for Concussions & Review for CTEAZ</p> <ul style="list-style-type: none"> Review of Anatomy for all systems: Cardiovascular, Skeletal, Neuromuscular and Muscular. Review of all medical terminology related to all the injuries to upper and lower extremity. Review of medical terms related to cranial injuries. <p>Standards:3.1, 3.2, 3.6; 10.2 Professional Standards: 7a-7c, 8e, 9a-9c</p> <p><u>Unit 8</u> Other Athletic Conditions and Concerns</p> <ul style="list-style-type: none"> Describe nutritional concepts for rehabilitation. Calculate and analyze caloric intake for athletes in rehabilitation. Evaluate dietary supplements for rehabilitation. Understand basic terminology for health insurances and what do they cover in rehabilitation.

51% of the entire program will be conducted in a lab setting. The lab consists of hand-on learning projects and experiences where student will practice the necessary skills to complete the current unit study.

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<ul style="list-style-type: none"> Determine rehabilitation progression. 	<ul style="list-style-type: none"> Rehabilitation of the foot and ankle. Rehabilitation of the of thigh, hip and pelvis. Rehabilitation of the lower leg. Explain general strength and conditioning techniques and how they apply to therapeutic interventions for upper extremity injuries. 	<ul style="list-style-type: none"> Rehabilitation of the hand/fingers/wrist. Demonstrate common taping techniques for hand/fingers/wrist. Rehabilitation of the spine. Rehabilitation of a 1st degree concussion. Rehabilitation of a 2nd concussion. Rehabilitation of a 3rd degree concussion. Demonstrate common taping techniques. 	