

**CURRICULUM MAP
SPORTS MEDICINE**

Week 1-3	Weeks 4-5	Weeks 6-7	Weeks 8-9	Weeks 10-12	Weeks 13-14	Weeks 15-16	Weeks 17-18
<p>Define sports injury -Distinguish between acute, chronic, and catastrophic injuries.</p> <p>Sports Injury Prevention -Explain the causative factors involving sports injuries. -Describe proper conditioning techniques. -Name the factors when prescribing exercise. -List the components of fitness. -Terminology- Distinguish between a sprain and a strain. -Distinguish between a fracture and a dislocation. -Discuss therapy modalities.</p>	<p>Nutritional Considerations -Explain the influences of diet affecting performance. -Explain diet consideration the female athlete and the male athlete. -Explain pre-competition meals. -Construct a diet plan for an athlete. -Construct a diet plan for performance training. -List the dietary guidelines for athletes.</p>	<p>The Injury Process -Describe the physics of sports injury. -Explain the injury response process. -Describe cryotherapy and thermotherapy. -List the different pharmacologic agents used in sports injuries. -Explain the role of exercise rehabilitation.</p>	<p>Injuries to head, neck, and face -Anatomy review -Describe injuries to the skull. -List the initial treatments for injuries to the skull.</p> <p>Injuries to the Thoracic Region -Discuss the common sports injuries to the thorax.</p>	<p>Injuries to the shoulder. -Anatomy Review -Discuss injuries to the glenoid-humoral, acromion-clavicular sternoclavicular and coracoclavicular joints -Explain bicep tendon problems. -Describe the rehabilitation process for the shoulder girdle.</p>	<p>Injuries to the thigh, leg, and knee. -Anatomy Review -Discuss femoral and patella fractures and dislocations. -Describe injuries to the femoral-patella-tibia region. -Explain treatment and rehabilitation procedures. -Discuss brace use.</p>	<p>Lower leg, angle and foot -Anatomy Review -Explain stress fractures in the lower leg and foot. -Discuss compartment syndrome situations. -Describe ankle injuries. -Explain foot disorders.</p>	<p>Skin conditions that affect the athlete -Anatomy Review -Discuss wounds, treatment, and wound care. -Explain skin infections and proper treatments. -Discuss allergic reactions.</p> <p>Thermal Injuries -Temperature (environmental) related injuries -Discuss heat-related ailments. -Discuss cold-related ailments.</p>