

Athletic Training & Sports Medicine

Athletic Training

This course is designed specifically for students who are interested in being a student athletic training aide in the student athletic training program. This course is more hands-on and provides a more in-depth study and application of the components of sports medicine. This course will involve outside-of-class time and time working with athletes and athletic teams will be required. Students must receive the approval of the Licensed Athletic Trainer supervising the student athletic training program in order to enroll in the course.

Sports Medicine I

Credits: 0.5 • **Grade(s):** 9, 10, 11, 12

Prerequisites: Health I

This course provides an opportunity for the study and application of the components of sports medicine including sports medicine, concepts of sports injury, athletic healthcare team, sports injury law, sports injury prevention, sports psychology, nutrition, recognition of injuries, emergency action plan and initial injury evaluation, first aid/CPR/AED, the injury process, immediate care of athletic injuries of specific body areas, skin conditions in sports, blood borne pathogens, thermal injuries, and special medical concerns of the adolescent athlete.

Sports Medicine II

Credits: 0.5 • **Grade(s):** 10, 11, 12

This course provides a more in-depth study and application of the components of sports medicine including: CPR and AED certification, rehabilitative techniques; therapeutic modalities; prevention, recognition, and care of injuries to the head and face, spine, upper extremity, lower extremity; taping and bandaging; injuries to the young athlete; substance abuse in sports; and general health concerns in sports medicine. Individualized and independent assignments will be included in this course. This course will involve outside-of-class time homework and time required working with athletes and athletic teams. Students must receive the approval of the Licensed Athletic Trainer supervising the athletic training students' staff. There may be other required prerequisites for this course such as a Sports Medicine I course and/or Licensed Athletic Trainer approval.