Essential Standard: Evaluate the various levels of administration and the organization of a Sports Medicine program.

Objective	Benchmark/Skills	Vocabulary	Methods	Assessment
Translate a HOPS evaluation into a SOAP note.	Organize an assessment into a written form. Explain the importance of documentation.	SOAP (subjective, objective, assessment, plan)		

Essential Standard: Develop proper recognition, evaluation, and management skills related to emergency, first aid, and athletic injuries.

Objective	Benchmark/Skills	Vocabulary	Methods	Assessment
Assess the body's response to injury.	Describe the stages of the inflammatory response phase. Summarize the tissue healing process.	Inflammation Leukocytes Neutrophils Monocyte Lymphocytes Phagocytes Regeneration Scar Tissue Cellular differentiation Transdifferentiation Tissue Remodeling Extracellular matrix Collagen fibers Connective tissue		

Differentiate between assessment, diagnosis, and evaluation of an injury. Describe various advanced diagnostic tools used in sports medicine. Examine common sports related injuries to the lower extremities.	List the components of a HOPS evaluation. Describe how mechanical forces influence the type and severity of an injury. Justify the appropriate use for a particular advanced diagnostic tool. Identify and describe injuries to the foot.	Active range of motion Passive range of motion Anthropomorphic data Assessment Diagnosis Prognosis Functional activity HOPS (History, Observation, Palpation, Special Tests) Ligamentous laxity Mechanisms of force Palpation Primary injury survey Secondary injury survey Sport specific activity Sign Symptom Etiology X-Ray MRI CT scan Arthroscopy Bone scan Plantar fasciitis Arch sprain Turf toe Jones fracture LisFranc fracture Blisters		

		Stress fractures		
	Identify and describe injuries to the ankle.	Inversion ankle sprain Eversion ankle sprain Syndesmosis sprain Heel spur Heel contusion Blisters Contusions Fractures Achilles tendinitis Achilles rupture Calcaneal bursitis		
	Identify and describe injuries to the lower leg.	Gastrocnemius strain Soleus strain Cramps Fractures Stress fractures Contusions Compartment syndrome		
	Identify and describe injuries to the knee.	Bursitis Iliotibial band friction syndrome Fractures Quadriceps strain Quadriceps contusion Hamstring strain Myositis Ossificians Ligamentous strains/tears Meniscal tears		

		Patellar dislocation Osgood Schlatter's Patellar tendinitis Chondramalacia		
	Identify and describe injuries to the hip.	Hip pointer/iliac crest Contusion Fractures Trochanteric Bursitis Strains o Hip flexor o Hamstring o Quadriceps o Abductor o Adductor Hip dislocation Ischial tuberosity avulsion Hip flexor avulsion		
Examine common sports related injuries to the upper extremities.	Identify and describe injuries to the elbow.	Dislocation Fractures Olecranon Bursitis Olecranon Bursa Infection Ulnar Nerve Injuries Strains Sprains Volkmann's Contractures		
	Identify and describe injuries to the wrist.	Scaphoid Fracture Colle's Fracture Sprains Fractures		

		Dislocations		
	Identify and describe injuries to the hand.	Boxer's Fracture Mallet Finger Sprains Gamekeeper's Thumb Dislocations Fractures Nail Injuries		
	Identify and describe injuries to the shoulder.	Dislocations Subluxations Acromioclavicular Sprains Fractures Bursitis Tendonitis Strains		
Examine common sports related injuries to the spine.	Identify and describe injuries to the spine.	Strains Fractures Dislocations Pars Defects SI dysfunction Herniations		

Essential Standard: Understand, conceptualize, and apply the concepts of anatomy, functional anatomy, kinesiology, and biomechanics as they relate to sports medicine.

Objective	Benchmark/Skills	Vocabulary	Methods	Assessment
Examine the bony and soft tissue anatomy associated with the lower extremity. Discuss the functional anatomy associated with the lower extremity.	Identify and label the bones of the foot. Name the articulations of the foot. Identify and label the muscles, tendons, and ligaments of the foot. Detail movements that each muscle performs.	Talus Calcaneus Cuneiforms Cuboid Navicular Phalanges Metatarsals Metatarsophalangeal Tarsometatarsal Subtalar Talonavicular Flexor digitorum Flexor hallucis Extensor digitorum Extensor hallucis Medial longitudinal arch Lateral longitudinal arch Transverse arch Toe flexion Toe extension Toe abduction Toe adduction Talus		

	Identify and label the bones of the ankle. Name the articulations of the ankle. Identify and label the muscles, tendons, and ligaments of the ankle. Detail movements that each muscle performs. Identify and label the bones of the lower leg. Name the articulations of the lower leg.	Calcaneus Tibia Fibula Medial malleolus Subtalar Talocural Distal Tibiofibular Tibialis posterior Tibialis anterior Peroneus longus Flexor hallucis longus Extensor hallucis longus Flexor digitorum longus Extensor digitorum longus Plantar Flexion Dorsiflexion Inversion Eversion Toe flexion Toe extension Tibia Fibula Patella Tibial tuberosity Proximal tibiofibular Distal tibiofibular		

	Identify and label the muscles, tendons, and ligaments of the lower leg. Detail movements that each muscle performs. Identify and label the bones of the knee. Name the articulations of the knee. Identify and label the muscles, tendons, and ligaments of the knee. Detail movements that each muscle performs.	Gastrocnemius—medial head Gastrocnemius—lateral head Soleus Plantaris Plantar Flexion Dorsiflexion Tibia Fibula Femur Patella Tibial tuberosity Tibial plateau Medial epicondyle of the femur Lateral epicondyle of the femur Medial condyle of the femur Lateral condyle of the femur Patellofemoral Proximal tibiofibular Tibiofemoral Gastrocnemius Biceps femoris Semitendinosus Semimembranosus Rectus femoris		

	Identify and label the bones of the hip. Name the articulations of the hip. Identify and label the muscles, tendons, and ligaments of the hip. Detail movements that each muscle performs.	Vastus Lateralis Vastusmedialis Vastusintermedius Iliotibial band Mensci Flexion Extension Femur Femoral head Femoral neck Acetabulum Greater trochanter of the femur Iliac crest Sacrum ASIS Ischial tuberosity Pubis symphysis Femoral head Acetabulum Sacroiliac Adductor longus Adductor brevis Adductor magnus Sartorius Gracilis TFL Gluteus maximus		

Examine the bony and soft tissue anatomy associated with the upper extremity. Discuss the functional anatomy associated with the upper extremity.	Identify and label the bones of the elbow. Name the articulations of the elbow. Identify and label the muscles, tendons, and ligaments of the elbow. Detail movements that each muscle performs.	Gluteus medius Gluteus minimus Iliacus Psoas major Flexion Extension Abduction Adduction External rotation Internal rotation Radius Ulna Humerus Distal Interphalangeal Joint Proximal Interphalangeal Joint Metacarpophalangeal Joint Capitulum Trochlea Trochlear Notch Medial Epicondyle Lateral Epicondyle Proximal Ulna / Radius Olecranon / Olecranon Fossa Medial Collateral Ligament Triceps Brachii tendon Biceps Brachiii Short Head		

	Identify and label the bones of the wrist. Name the articulations of the wrist. Identify and label the muscles, tendons, and ligaments of the wrist. Detail movements that each muscle performs.	Triceps Brachii Long Head Triceps Brachii Lateral Head Biceps Brachii Long Head Brachioradialis Pronator Quadratus Pronator Teres Supinator Flexion Extension Pronation Supination Capitate Hamate Lunate Pisiform Radial Styloid Radius Scaphoid Trapezium Trapezoid Triquetrium Ulna Ulnar Styloid ??? What ya'll want Abductor Pollicis Longus Anconeus		

	Identify and label the bones of the hand. Name the articulations of the hand. Identify and label the muscles, tendons, and ligaments of the hand.	Extensor Carpi Radialis Longus Extensor CarpiUlnaris Extensor Digiti Minimi Extensor Digitorum Communis Extensor Pollicis Longus Flexor CarpiRadialis Flexor CarpiUlnaris Flexor Digitorum Profundus Flexor Digitorum Superficialis Flexor Pollicis Longus Flexion Extension Supination Pronation Abduction Adduction Distal Phalanx Intermediate Phalanx Proximal Phalanx Metacarpals Distal Interphalangeal Joint Proximal Interphalangeal Joint Metacarpophalangeal Joint Abductor Digiti Minimi		

	Detail movements that each muscle performs Identify and label the bones of the shoulder. Name the articulations of the shoulder. Identify and label the muscles, tendons, and ligaments of the shoulder. Detail movements that each muscle performs.	Abductor Pollicis Brevis Abductor Pollicis Oblique Adductor Pollicis Transverse Extensor Digiti Minimi Extensor Pollicis Brevis Flexor Digiti Minimi Brevis Flexor Pollicis Brevis Opponens Digiti Minimi OpponensPollicis Flexion Extension Abduction Adduction Opposition Supraspinous Fossa Inferior Angle of Scapula Scapula Medial Border of Scapula Head of Humerus Scapular Spine Bicipital Groove Coracoid Process Clavicle Accromial End Humerus Superior Angle of Scapula Lateral Border of Scapula Glenoid Fossa Coracoid Process Clavicle Sternal End		

		Head of Humerus Accromian Infraspinous Fossa Clavicle Acromioclavicular Joint Sternoclavicular Joint Glenohumeral Joint Brachialis Brachioradialis Rhomboid Minor Serratus Anterior Triceps Brachii tendon Trapezius Infraspinatus Rhomboid Major Choracobrachialis Biceps Brachiii Short Head Subscapularis Supraspinatus Teres Major Deltoid Teres Minor Pectoralis Minor Triceps Brachii Long Head Pectoralis Major Triceps Brachii Lateral Head LatissimusDorsi		

Examine the bony and soft tissue anatomy associated with the spine. Discuss the functional anatomy associated with the spine.	Identify and label the bones of the spine. Name the articulations of the spine. Identify and label the muscles, tendons, and ligaments of the spine. Detail movements that each muscle performs.	Biceps Brachii Long Head Abduction Adduction Flexion Extension External Rotation Internal Rotation Circumduction Horizontal Abduction Horizontal Adducation ATLAS AXIS BODY CERVICAL SPINE DENS (ODONTOID PROCESS) FACET FOR RIB INFERIOR ARTICULAR FACET (PROCESS) LUMBAR SPINE SPINOUS PROCES SUPERIOR ARTICULAR FACET (PROCESS) THORACIC SPINE TRANSVERSE FORAMEN TRANSVERSE FORAMEN VERTEBRAL FORAMEN 7 CERVICAL 12 THORACIC 5 LUMBAR Intervertebral Ribs and Vertebrae		

		What ya'll want here?? Flexion Extension Hyperextension Rotation		

Essential Standard: Assess the responsibility of an athlete as it relates to their participation in athletic competition.

Objective	Benchmark/Skills	Vocabulary	Methods	Assessment