

Murrieta Valley Unified School District
High School Course Outline
2003

- Department:** Physical Education / Science
- Course Title:** Advanced Sports Medicine
- Course Number:** 2890
- Grade Level(s):** 11-12
- Length of Course:** 1 year
- Prerequisite(s):** Completion of Sports Medicine with a grade of C or better or teacher recommendation.

Brief Course Description:

This course is designed to provide students with the practical applications of sports medicine and athletic training. Students will apply knowledge gained in the Sports Medicine class through working with athletes and athletic teams. Students will assist the Certified Athletic Trainer with the prevention, treatment, and rehabilitation of athletic injuries. Students will also learn athletic training room management skills such as cleanliness, record-keeping, injury reporting, inventory, and ordering. In addition, students will assist the head coaches of teams with injury prevention and treatment.

I. Goals

The students will:

- A. Apply current preventative techniques (including taping, wrapping, and warm-up activities).
- B. Apply current treatment techniques of athletic injuries.
- C. Assist in evaluating and assessment of athletic injuries.
- D. Assist in the rehabilitation of athletic injuries.
- E. Apply knowledge gained by working with athletic teams as student trainers.
- F. Utilize organizational skills through proper record-keeping and training room upkeep.
- G. Gain working and applied knowledge of athletic training first aid kits.
- H. Become certified or re-certified in CPR and First Aid.
- I. Utilize proper communication between athlete/coach/certified trainer.

II. Instructional Materials

- A. *The First Aider*, Cramer products, published monthly.

- B. Athletic Training Supplies
- C. Functional models of joints
- D. Other materials to be determined