

**CARE AND PREVENTION OF ATHLETIC INJURIES (SPORTS MEDICINE)**  
**60 points/Certificate**

**07/12**  
**6-414-001**

**General Objectives**

To acquire additional knowledge and skills in care and prevention of athletic injury whereas the participant will be able to deal with injury detection, treatment, prevention, rehabilitation, reconditioning, and counseling and acquire a basis for making healthy lifestyle decisions.

This component is designed to enable the participant to learn about basic content and recent advances in care and prevention of athletic injuries, as well as the dangers and effects of drug use. This includes injury detection, injury treatment, rehabilitation, reconditioning, counseling, and injury prevention and dangers, symptoms and possible long-term effects of drug use including performance enhancing drugs.

This component should include not only subject matter content, but also offer appropriate teaching methods, hands-on laboratory experiences, and appropriate on-the-field, off-the-field safety precautions and procedures.

**Specific Objectives**

1. Demonstrate thorough knowledge of athletic nutrition and ability to advise athletes concerning nutrition.
2. Identify skills needed to recognize athletic injury.
3. Display abilities in selection of appropriate athletic injury treatment modalities.
4. Identify appropriate first aid emergency planning and care procedures.
5. Distinguish the acceptable selection and usage of rehabilitation and reconditioning techniques.
6. Demonstrate an understanding of athletic injury counseling methodology.
7. Show evidence of knowledge of and application for playing conditions and for athletic facilities in order to facilitate injury prevention and enhance athletic performance.
8. Identify accepted methods for conduct of inservice training.
9. Demonstrate an understanding of athletic injury reporting systems.
10. Identify major characteristics of illegal substance use problems; recommend/refer identified athletes appropriately.
11. Acquire knowledge of the dangers and effects of drug use, including performance enhancing drugs.
12. Maintain currency in the field.
13. Exhibit a basic understanding of anatomy and physiology as related to sports medicine.
14. State the importance of a knowledge of sports medicine as a lifelong activity.

**Description of Activities**

Laboratory activities shall consist of methods, techniques, and recommended operational procedures by certified trainers and physicians: by lectures, demonstrations, and individual/group applications. Activities will include, but not limited to, the following:

1. Application of standard first aid, as evidenced by submission of current First Aid card to instructor.
2. Cardiopulmonary resuscitation, as evidenced by submission of current CPR card to instructor.
3. Taping and wrapping techniques.
4. Conditioning and rehabilitation methods.
5. Anatomy and physiology as related to sports medicine.
6. Conference/seminars.

### **Evaluation of Participant**

To the satisfaction of the consultant, each individual will:

1. Complete assigned activities.
2. Demonstrate increased competency on at least 80% of the objectives as determined by a pre- and post-assessment or by other valid means of measurement, in compliance with Section 231.608(1), Florida Statutes and Rule 6A-5.071(5), FAC.
3. Submit copies of current First Aid card and CPR card to instructor.

### **Evaluation of Participant**

In addition, each individual will complete an evaluation of the effectiveness of both component and consultant using the Professional Growth System.