

# Sports Medicine Tentative Pacing Guide Fall 2013

## Topics

### HISTORY

#### WEEK 1

What is Sports Med?

Origin?

Science and Sports

Careers

What is an athlete?

STANDARDS: 1.1, 1.2, 1.3, 1.4, 11.1, 11.2

Medical Background

#### WEEK 2,3,4

Regional Areas, Positions and Movements

Muscle and Bone identification

Types of Joints and movement

Muscle function and motion

musculoskeletal motion

Planes of Motion

Cellular Level:

Sliding Filament Theory

Muscle training, conditioning and performance

Male versus Female Performance

Muscle Fatigue and Performance (lab)

STANDARDS: 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.9, 2.11, 5.1, 5.2, 5.3, 11.1, 11.2

Nutrition and Performance

#### WEEK 5

Carbohydrates, Fats, Protein, Hydration

Performance enhancement

Use of supplements/doping/sports drinks/steroids

STANDARDS: 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 11.1, 11.2

Common Athletic Sports Injuries

#### WEEK 6,7

Preventative Care, Treatment and Rehabilitation of common professional and amateur sports injuries

Flexibility and Training

Fractures, dislocations, muscular/ligament injuries

Shoulder

Knee

Wrist/Fingers

Ankle/Foot

Head, Neck and spine

Wrapping & Taping Techniques used to prevent and rehab specific regions (ankle, wrist, thumb, shoulder, Achilles tendon)

Prevention of Infectious diseases

First Aid Basics

Signs of Concussion

STANDARDS: 6.1, 6.2, 6.3, 6.4, 7.1, 7.2, 7.4, 7.5, 7.6, 7.7, 7.8, 7.9, 8.1, 8.2, 8.3, 11.1, 11.2

Sport Participation/Future of Sports Medicine (Ethics)

WEEK 8

Sports Violence

Fair Play/Rules

Bionics

Gene Therapy/Tissue Engineering

Designer Drugs

Integrity of Sport (Lance Armstrong)

STANDARDS: 9.1, 11.1, 11.2

Psychological Factors

WEEK 9

Flight or Fight Response

Yips

Strategies for "mental toughness"

STANDARDS: 10.1, 10.2, 10.3, 10.4, 11.1, 11.2

WEBSITE to be completed as final exam grade. It must include information from each week of class. More Details to come.

STANDARD: 11.3