

Murrieta Valley Unified School District
High School Course Outline
2003

- Department:** Physical Education / Science
- Course Title:** Sports Medicine
- Course Number:** 2880
- Grade Level(s):** 11-12
- Length of Course:** 1 year
- Prerequisite(s):** Successful completion of two years of Science (Science I, Science II or Advanced Life Science). Recommended course: Anatomy/Physiology (or concurrent enrollment).

Brief Course Description:

Sports medicine is designed to provide students with the fundamentals of exercise physiology and medical practices and procedures as they relate to sports injuries. Students will gain the knowledge of applied physiology in the areas of muscular function and testing, analysis of cardiovascular fitness and body composition, with an emphasis on how the body systems function and interrelate. Students will learn the causation of sports injury, as well as the prevention treatment and rehabilitative process of injury. This will include the body's response to injury, and the psychological and physiological healing process. Students will also learn the various modalities used in the healing/rehabilitative process, and the body's physiological response to each modality. Classification of injuries will be taught, and the overall effect of injury to the body will be covered. Both the theoretical and clinical aspects of sports medicine will be taught, and an emphasis will be placed on laboratory experiences as they relate to the body and interrelating structures.

I. Goals

The students will:

- A. Understand the interrelationships of body systems.
- B. Describe the functions of the body systems.
- C. Relate the physiological responses of the body to injury and injury prevention/treatment.
- D. Apply current medical preventative and treatment techniques.
- E. Describe the evaluative and rehabilitative techniques used in injury management.
- F. Understand and describe human anatomy.

- G. Identify anatomical positions through palpation of the musculoskeletal system.

II. Instructional Materials

- A. *Essentials of Athletic Training*, Daniel D. Arnheim
- B. *Essentials of Anatomy and Physiology*, Seely, Mosby Yearbook, Inc.