

# Sports Medicine/Athletic Training I (Condensed) (8316—36 weeks/140 hours)

**Sports Medicine/Athletic Training I (Condensed)**  
(8316—36 weeks/140 hours) **SMAT1**

**A Demonstrating Personal Qualities and Abilities** **SMAT1.1**

- 1 Demonstrate creativity and innovation. **SMAT1.1.1**
- 2 Demonstrate critical thinking and problem solving. **SMAT1.1.2**
- 3 Demonstrate initiative and self-direction. **SMAT1.1.3**
- 4 Demonstrate integrity. **SMAT1.1.4**
- 5 Demonstrate work ethic. **SMAT1.1.5**

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**B Demonstrating Interpersonal Skills** **SMAT1.2**

- 6 Demonstrate conflict-resolution skills. **SMAT1.2.6**
- 7 Demonstrate listening and speaking skills. **SMAT1.2.7**
- 8 Demonstrate respect for diversity. **SMAT1.2.8**
- 9 Demonstrate customer service skills. **SMAT1.2.9**
- 10 Collaborate with team members. **SMAT1.2.10**

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**C Demonstrating Professional Competencies** SMAT1.3

- 11 Demonstrate big-picture thinking. SMAT1.3.11
- 12 Demonstrate career- and life-management skills. SMAT1.3.12
- 13 Demonstrate continuous learning and adaptability. SMAT1.3.13
- 14 Manage time and resources. SMAT1.3.14
- 15 Demonstrate information-literacy skills. SMAT1.3.15
- 16 Demonstrate an understanding of information security. SMAT1.3.16
- 17 Maintain working knowledge of current information-technology (IT) systems. SMAT1.3.17
- 18 Demonstrate proficiency with technologies, tools, and machines common to a specific occupation. SMAT1.3.18
- 19 Apply mathematical skills to job-specific tasks. SMAT1.3.19
- 20 Demonstrate professionalism. SMAT1.3.20
- 21 Demonstrate reading and writing skills. SMAT1.3.21
- 22 Demonstrate workplace safety. SMAT1.3.22

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**D Examining All Aspects of an Industry** SMAT1.4

- 23 Examine aspects of planning within an industry/organization. SMAT1.4.23
- 24 Examine aspects of management within an industry/organization. SMAT1.4.24
- 25 Examine aspects of financial responsibility within an industry/organization. SMAT1.4.25
- 26 Examine technical and production skills required of workers within an industry/organization. SMAT1.4.26
- 27 Examine principles of technology that underlie an industry/organization. SMAT1.4.27
- 28 Examine labor issues related to an industry/organization. SMAT1.4.28
- 29 Examine community issues related to an industry/organization. SMAT1.4.29
- 30 Examine health, safety, and environmental issues related to an industry/organization. SMAT1.4.30

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**E Addressing Elements of Student Life** SMAT1.5

- 31 Identify the purposes and goals of the student organization. SMAT1.5.31
- 32 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult. SMAT1.5.32
- 33 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects. SMAT1.5.33
- 34 Identify Internet safety issues and procedures for complying with acceptable use standards. SMAT1.5.34

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**F Exploring Work-Based Learning** SMAT1.6

- 35 Identify the types of work-based learning (WBL) opportunities. SMAT1.6.35
- 36 Reflect on lessons learned during the WBL experience. SMAT1.6.36
- 37 Explore career opportunities related to the WBL experience. SMAT1.6.37
- 38 Participate in a WBL experience, when appropriate. SMAT1.6.38

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**G Obtaining First Aid and CPR/AED Education** SMAT1.7

- 39 Explain bloodborne pathogens and the importance of universal precautions. SMAT1.7.39
- 40 Comply with the clinical site-specific exposure control plan. SMAT1.7.40
- 41 Explain the role of OSHA in the sports medicine profession. SMAT1.7.41
- 42 Complete a nationally recognized certification for first aid. SMAT1.7.42
- 43 Identify sports first-aid topics not included in a typical first-aid course. SMAT1.7.43
- 44 Identify the components of a primary and secondary survey. SMAT1.7.44
- 45 Complete a nationally recognized certification in CPR/AED. SMAT1.7.45

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**H Assessing Injuries and Illnesses** SMAT1.8

- 46 Explain the role of the secondary school student aide (SA) in recognizing an injury. SMAT1.8.46
- 47 Explain the scope and limitations of the secondary school SA when providing first aid. SMAT1.8.47
- 48 Explain the scope and limitations of the secondary school SA when assessing injury or illness. SMAT1.8.48

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**I Understanding Human Anatomy and Physiology** SMAT1.9

- 49 Explain the integumentary system. SMAT1.9.49
- 50 Explain the musculoskeletal system. SMAT1.9.50
- 51 Explain the cardiovascular and circulatory systems. SMAT1.9.51
- 52 Explain the respiratory system. SMAT1.9.52
- 53 Explain the nervous system. SMAT1.9.53
- 54 (Optional) Explain the urinary system. SMAT1.9.54
- 55 (Optional) Explain the female reproductive system. SMAT1.9.55
- 56 (Optional) Explain the male reproductive system. SMAT1.9.56
- 57 Explain the lymphatic and immune systems as they relate to inflammatory response after injury. SMAT1.9.57
- 58 (Optional) Explain the digestive system. SMAT1.9.58
- 59 Explain the endocrine system. SMAT1.9.59
- 60 (Optional) Explain the sensory system. SMAT1.9.60

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**J Understanding Nutrition** SMAT1.10

- 61 Explain the basics of nutrition. SMAT1.10.61
  - 62 Explain factors that affect nutrition. SMAT1.10.62
  - 63 Explain how nutritional needs are affected by physical activity. SMAT1.10.63
  - 64 Explain the relationship between nutrition and injury, illness, and health conditions. SMAT1.10.64
  - 65 Perform a nutritional analysis. SMAT1.10.65
  - 66 Interpret a nutritional analysis. SMAT1.10.66
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**K Understanding Medical Terminology** SMAT1.11

- 67 Explain medical terminology commonly used in sports medicine. SMAT1.11.67
  - 68 Use appropriate medical terminology. SMAT1.11.68
  - 69 Explain commonly used prefixes and suffixes in medical terminology. SMAT1.11.69
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**L Understanding Injuries and Illnesses** SMAT1.12

- 70 Explain that a sprain is an injury to a ligament. SMAT1.12.70
- 71 Explain that a strain is an injury to a muscle or tendon. SMAT1.12.71
- 72 Explain that a fracture is an injury to a bone. SMAT1.12.72
- 73 Demonstrate knowledge of basic taping and wrapping techniques for musculoskeletal injuries. SMAT1.12.73
- 74 Identify catastrophic injuries. SMAT1.12.74
- 75 Identify neurological and brain injuries and conditions. SMAT1.12.75
- 76 Identify infectious and contagious diseases related to physical activity. SMAT1.12.76
- 77 Identify other health conditions that affect participation in physical activity. SMAT1.12.77
- 78 Explain common psychological responses to injury. SMAT1.12.78

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**M Understanding Legal and Ethical Issues in Sports Medicine** SMAT1.13

- 79 Distinguish among misfeasance, malfeasance, nonfeasance, liability, and acts of commission and omission. SMAT1.13.79
- 80 Explain the legal and ethical significance of documentation and record-keeping in sports medicine. SMAT1.13.80
- 81 Explain the purpose and importance of medical documentation. SMAT1.13.81
- 82 Document the history of an injury. SMAT1.13.82
- 83 Explain the legal and ethical significance of confidentiality in sports medicine. SMAT1.13.83
- 84 Identify the legal practice limitations of SAs vs. paraprofessionals vs. professionals in sports medicine. SMAT1.13.84
- 85 Identify the necessity of a client/patient referral to other healthcare professionals and practitioners. SMAT1.13.85
- 86 Explain the implications of the Americans with Disabilities Act (ADA) within the field of sports medicine. SMAT1.13.86
- 87 Explain the implications of cultural competence in the field of sports medicine. SMAT1.13.87
- 88 Describe ethical behavior within the sports medicine profession. SMAT1.13.88

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**N Exploring Sports Medicine Careers** SMAT1.14

- 89 Explain the continuing education requirements in sports medicine professions. SMAT1.14.89
- 90 Identify organizations relevant to sports medicine professions. SMAT1.14.90
- 91 Identify credentials recognized in the sports medicine profession. SMAT1.14.91