

## CTE Course Description and Standards Crosswalk

Course Information	
Course Name	Athletic Medicine Semester 1
Course Number	84061
Number of High School Credits	.5
Sequence or CTEPS (You must first have the Sequence or CTEPS entered into the EED-CTE system.)	Sports and Fitness
Date of district Course Revision	9/2014
Career & Technical Student Organization (CTSO)	
CTSO embedded in this sequence	HOSA
Occupational Standards	
Source of Occupational Standards	National Consortium on Health Science and Technology Education
Names/Numbers of Occupational Standards	Health Care Core Standards and Therapeutic Services Pathway Standards and Accountability Criteria
Registration Information	
Course Description (brief paragraph – as shown in your student handbook or course list)	Athletic Medicine addresses preseason conditioning, nutrition, sport psychology, assessment of and evaluation of sports injuries, therapeutic modalities, and taping and wrapping procedures. Activities include labs, lectures, guest speakers, and field trips. Athletic medicine is recommended for anyone interested in physical education or bio-medical careers.
Instructional Topic Headings (please separate each heading by a semi-colon)	Pre-participation Physical Examination; Preseason Conditioning; Nutrition; Sports Psychology; Assessment and Evaluation of Athletic Injuries; Therapeutic Modalities Taping and Wrapping; Return to Competition Screening
Summative Assessments and Standards	
Technical Skills Assessment (TSA)	HOSA – K016
Course addresses:	First Aid
New Alaska ELA and Math Standards	Yes
Alaska Cultural Standards	Yes
All Aspects of Industry (AAI)	Yes
Core Technical Standards	Yes
Employability Standards	Yes
Employability Standards	
Source of Employability Standards	State of Alaska
Tech Prep	
Current Tech Prep Articulation Agreement? (Y/N)	Yes
Date of Current Agreement	2014
Postsecondary Institution Name	University of Alaska Anchorage
Postsecondary Course Name	Prevention and Care of Activity Related Injuries
Postsecondary Course Number	PEP A251
# of Postsecondary Credits	2

**DISTRICT NAME: Mat-Su Borough School District**

<b>Source/Organization/Agency</b>	<b>Acronym</b>	<b>Website or Location of Information</b>	<b>Section, Chapters, etc. referenced in Performance Standards</b>	<b>Date of Edition or Version</b>
National Consortium on Health Science and Technology Education	NCHSTE	<a href="http://www.nchste.org">www.nchste.org</a>	Health Care Core Standards and Therapeutic Services Pathway Standards and Accountability Criteria	2002

### Additional CTE Course Information

Author	
Course developed by	Bill Parker; Revised by Jamie Smith and Joe Gardner
Course adapted from	
Date of previous course revision	5/2010
Course Delivery Model	
Is the course brokered through another institution or agency? (Y/N)	N

Standards Alignment
---------------------

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
List the important components of the pre-participation physical examination.	<u>NCHSTE</u> 1.1, 1.2, 2.2, 9.1, 10.1, 11.2  <u>AAHPERD</u> 1-5	HL-1,2,5	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9	G.CO.2 G.MG.1 S.ID.2 S.IC.1 S.MD.6	B2	A - 2	Technical Skills	Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio
Discuss confidentiality concerns with record keeping.	<u>NCHSTE</u> 5.1, 5.2, 6.1, 10.1, 11.1, 11.2	HL-5 HL-HI 1	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2	S-IC.6 S-MD.6&7	B2, C4, E4	A - 2, 6, 7	Labor	Class Discussions Written Assignment Skill Station Assessments Unit Assessments

**DISTRICT NAME: Mat-Su Borough School District**

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
			L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9					Final Exams Student Demonstration Research Project Student Presentation Portfolio
Discuss how preseason conditioning will help the body adapt to the demands placed upon it.	<u>NCHSTE</u> 1.1, 2.11, 9.1, 10.1  <u>AAHPERD</u> 1-5	HL-1	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9	S-MD.6&7	B2, E3	A - 2	Technical Skills	Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio
Explain how good nutritional habits lead to increased athletic performance and good health.	<u>NCHSTE</u> 1.1, 1.2, 2.11, 9.1  <u>AAHPERD</u> 3	HL-1	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9	N.Q.2 N.Q.3 G.MG.1 G.MG.2 S.IC.6	B2, E3	A - 2	Technical Skills	Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio
Discuss the importance of sports psychology to	<u>NCHSTE</u>	HL-1,2	SL.9-12.1	S.IC.6	B2, E3	A - 2	Technical Skills	Class Discussions

L:\CTE\CTE\_OFFICE\Curriculum\2013 Review\Health & Fitness\NEW\Done & posted\Athletic Medicine 2014 Semester 1.docx

Form #05-13-028

Alaska Department of Education and Early Development

**DISTRICT NAME: Mat-Su Borough School District**

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
athletic performance.	1.1, 1.2, 2.1, 9.1  <u>AAHPERD</u> 2		SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9	S.ID.9 S.IC.1 S.MD.6 S.MD.7				Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio
Explain the benefits and dangers of stress.	<u>NCHSTE</u> 1.1, 1.2, 2.1, 9.1  <u>AAHPERD</u> 2	HL-1	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9	S.MD.6 S.MD.7	B2, E3	A - 2	Technical Skills	Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio
Explain the difference between assessment, evaluation, and diagnosis of an injury.	<u>NCHSTE</u> 1.1, 1.2, 2.1, 3.1, 9.1	HL-5	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2	S-MD.6&7	B2, E3	A - 2	Technical Skills	Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration

**DISTRICT NAME: Mat-Su Borough School District**

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
			RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9					Research Project Student Presentation Portfolio
Describe the various factors that influence the type and severity of athletic injuries.	<u>NCHSTE</u> 1.1, 2.1, 3.1, 9.1  <u>AAHPERD</u> 2	HL-5	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9	S-MD.6&7	B2, E3	A - 2	Technical Skills	Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio
Recognize an athletic injury using a systematic approach.	<u>NCHSTE</u> 1.1, 2.1, 3.1, 9.1	HL-5	SL.9-12.1 SL.11-12.4 L.9-12.1	N.Q.1 N.Q.2 N.Q.3 G.CO.1 G.CO.2 G.CO.4 G.CO.6 G.MG.1 S.ID.2 S.ID.9 S.IC.1 S-IC.6 S.MD.6 S.MD.7	B2, E3	A - 2	Technical Skills	Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio
Identify the use and effectiveness of physical and electrical modalities.	<u>NCHSTE</u> 1.1, 9.1	HL-5	SL.9-12.1 SL.11-12.2 SL.11-12.4	S-MD.6&7	B2, E3	A - 2	Technical Skills	Class Discussions Written Assignment

**DISTRICT NAME: Mat-Su Borough School District**

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
			SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9					Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio
Identify basic taping and wrapping techniques.	<u>NCHSTE</u> 1.1, 9.13	HL-1,4	SL.9-12.1 SL.11-12.4 L.9-12.1	S-MD.6&7	B2, E3	A - 2	Technical Skills	Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio
Participate in CTSO classroom activities.	<u>NCHSTE</u> 2.1, 2.3, 4.1, 4.2, 8.1, 8.2, 6.2, 9.1  <u>AAHPERD</u> 1-5	HL-1 CRP1,2,46	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4	N.Q.1 N.Q.2 N.Q.3 A.REI.1 F.IF.4 G.CO.1 G.CO.2 G.CO.4 G.CO.6 G.MG.1 G.MG.2	A – 1 – 4 B – 1 - 4	A- 1,2,3,4,5 B – 1,2,3,4,5	Planning Management Community Work Habit Technical Skills	Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student

**DISTRICT NAME: Mat-Su Borough School District**

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
			RST.11-12.8 RST.11-12.9	S.ID.2 S.ID.9 S.IC.1 S.IC.6 S.MD.6 S.MD.7				Presentation Portfolio

**Instructional Resources**

**List the major instructional resources used for this course: (websites, textbooks, essential equipment, reference materials, supplies)**

Suggested Text:

*Introduction to Sports Medicine & Athletic Training. Thompson Delmar Learning*

National Athletic Trainers Association. [www.nata.org](http://www.nata.org)