



*Sports Therapy and Fitness Technician/Sports Medicine
Course Description*

1. **Course Title:** Sports Therapy and Fitness Technician/Sports Medicine
2. **CBEDs Title:** Other Health Science & Medical Technology
3. **Job Titles:** Refer to Labor Market Survey
4. **Course Description:** This course is designed for students who wish to learn skills in athletic training, physical therapy, and fitness instruction. Core curriculum includes: basic anatomy and physiology, ethical and legal issues involved in sports medicine, terminology, body mechanics, safety and universal precautions. Student will learn prevention and care of athletic injuries, therapeutic treatments and modalities, rehabilitation exercises, fitness exercise programs, use of fitness equipment, and nutrition. Students will prepare for entry-level job searches through interview techniques, and resume writing. Methodologies: audio visual, theory, group activities, demonstrations, role play, laboratory practice, written and oral presentations and community classroom participation.
5. **Course Prerequisites:** Physician Clearance; TB-PPD Skin Test and immunizations as required by clinical site; Biology and Anatomy Recommended.
6. **Course Hours:** 325 Classroom Hours + 395 (CC) = 720
7. **Course Dates:** February 9, 2016
8. **Course Outline:**
 - A. Career Preparation Standards/SCANS:
All work site learning methodologies including Community Classroom and Cooperative Vocational Education will be utilized when appropriate.
 - Students will understand how personal skill development affects their employability. They will exhibit positive attitudes, self-confidence, honesty, perseverance, self-discipline, and personal hygiene. They will manage time and balance priorities as well as demonstrate a capacity for lifelong learning.
 - Students will understand key concepts in group dynamics, conflict resolution, and negotiation. They will work cooperatively, share responsibilities, accept supervision, and assume leadership roles. They



will demonstrate cooperative working relationships across gender and cultural groups.

- Students will exhibit critical thinking skills, logical reasoning, and problem solving. They will apply numerical estimation, measurement, and calculation, as appropriate. They will recognize problem situations; identify, locate and organize needed information or data; and propose, evaluate, and select from alternative solutions.
- Students will understand principles of effective communication. They will communicate both orally and in writing. They will listen attentively and follow instructions, requesting clarification or additional information as needed.
- Students will understand occupational safety issues including the avoidance of physical hazards in the work environment. They will operate equipment safely so as not to endanger themselves or others. They will demonstrate proper handling of hazardous materials.
- Students will understand career paths and strategies for obtaining employment within their chosen fields. They will assume responsibility for professional growth. They will understand and promote the role of their field within a productive society, including the purposes of professional organizations.
- Students will understand and adapt to changing technology by identifying, learning, and applying new skills to improve job performance. They will effectively employ technologies relevant to their fields.
- Students will understand complex inter-relationships of systems.
 - Students will understand systems – know how social, organizational, and technological systems work and operate effectively with them.
 - Students will monitor and correct performance – distinguish trends, predict impacts on system operations, diagnose systems' performance and correct malfunctions.
 - Students will improve or design systems – suggest modifications to existing systems and develop new or alternative systems to improve performance.
- Students will understand all aspects of the industry including: planning, management, and finance; technical and production skills; underlying principles of technology; labor, community, health, and environmental issues.

B. Content Area Skills:

Students will be able to understand and demonstrate competencies in the following areas that may lead to pre-entry level employment.

- Orientation and Introduction



- Athletic Training
- Anatomy
- Injury Illness Prevention
- Basic First Aid
- Vital Sign Assessment
- Therapeutic Rehabilitation
- Infection Control
- Career Related Information
- Job Search Skills
- Communication
- Ethical and Legal Issue/HIPAA
- Computer Skills
- Medical Terminology & Abbreviations
- Documentation
- Medical Lectures
- Injury Illness Evaluation
- Therapeutic Exercises
- Therapeutic Modalities
- Surgery Observations
- Anatomy/Physiology
- Health and Wellness
- Weight Training
- Nutrition

C. Expected Student Proficiencies:

- Anatomical Assessment
- Injury Illness Prevention
- Basic First Aid
- Vital Sign Assessment
- Therapeutic Rehabilitation
- Infection Control
- Career Related Information
- Job Search Skills
- Communication
- Ethical and Legal Issue/HIPAA
- Computer Skills
- Medical Terminology & Abbreviations
- Documentation
- Medical Lectures



San Joaquin County Office of Education

Career & Technical Education

Sports Therapy and Fitness Technician/Sports Medicine ~ Course Description

CBEDS#: 4298

- Injury Illness Evaluation
 - Therapeutic Exercises
 - Therapeutic Modalities
 - Surgery Observations
 - Anatomy/Physiology
 - Health and Wellness
 - Strength and Conditioning Principals
 - Nutrition
- D. Hours of Instruction: 720
See course outline for breakdown of instructional hours.
- E. Industry/Licensing: None
- 9. Additional Recommended/Optional Items:**
- A. Articulation: None
- B. Academic Credit: None
- C. Instructional Strategies:
- Demonstrations/Lectures
 - Testing – Oral, Written, Demonstration
 - Project/Assignments – Individual, Group
 - Journaling
 - Hands-On Learning
 - Observations
 - OJT (On-the-Job Training)
 - Portfolios
- D. Instructional Materials: Sports Medicine Essentials by Jim Clover
- F. Certificates: Certificate of completion will be awarded for successful completion of theory modules with a grade of 70% or higher and 80% participation and attendance at CC/CCTE site.
- Membership National Athletic Trainers Association (NATA)
 - National Academy of Sports Medicine (NASM)