**Unit 1: Introduction to Sports Medicine**

Enduring Understanding

Sports medicine involves a variety of professions that use common terminology and an organized hierarchy to allow for appropriate response and treatment in an emergency or injury situation

Learning Targets

1. Explain the goal of sports medicine and what professions fall under the sports medicine umbrella
2. Apply basic terminology used in the area of sports medicine to discuss a sports related injury, location on the body or communicate with the medical community (ongoing learning target)
3. Appropriately respond in an emergency situation and provide basic injury assessment

*\*(Students are not certified to give medical care to anyone. This is to develop a better understanding of the sports medicine field and would require higher education to provide care.)*

1. Explain how environmental conditions play a role in sports performance and explain how to treat these conditions
2. Explain the “Good Samaritan Laws” and how they apply to responding to emergency situations
3. Explain what H.I.P.A.A. compliance is and why it was put into place

Vocabulary

Sports medicine

Athletic training

Hypothermia

Hyperthermia

Frost bite

Heat Stroke

H.O.P.S.

C.P.R.

A.E.D.

Primary survey

Secondary survey

P.R.I.C.E

Good Samaritan Laws

H.I.P.A.A.

Anatomical position

Frontal

Transverse

Sagittal

Midsagittal

Anterior/posterior

Proximal/distal

Superficial/deep

Medial/lateral

Superior/inferior

Intermediate

Abduction/adduction

Dorsiflexion/plantar flexion

Circumduction

Rotation

Supination/pronation

Opposition

Hyperextension

Extension/flexion

Eversion/Inversion