

**Mission Valley Regional Occupational Program
Sports Therapy 2 Course Outline**

Course Title: Sports Therapy 2

Course Description:

Sports Therapy 2 expands on what students have learned in Sports Therapy 1. Students must pass both semesters of Sports Therapy 1 with a minimum grade of “B” and have the recommendation of the instructor in order to continue to Sports Therapy 2. Students will complete individual and group projects in order to gain a more in-depth understanding of material covered in Sports Therapy 1. In addition, students will complete an internship at a different site from the internship completed in year 1.

Goals and/or Major Student Outcomes

- Gain an in-depth understanding of anatomy and physiology of the human body to include: origins and insertions of major muscles, bony landmarks, etc.
- Explore careers in sports medicine and develop a personal educational plan to reach their goals.
- Expand on basic principles of injury evaluation learned in first year.
- Understand principles of fitness evaluation and planning.
- Understand principles of nutrition and nutritional planning to meet fitness/performance goals.

Prerequisites: Pass Sports Therapy 1

Date Revision Approved: November 9, 2017

Date Re-Approved: November 11, 2020

Course Outline:

1. Professional Development and Responsibilities
 - a) Individual project: career goal and educational plan
 - b) Individual project: using a given budget, design a training room and order supplies
2. Management Skills
 - a) review and recertify: CPR
 - b) review: splinting
 - c) review: vital signs
 - d) review: universal precautions
 - e) Introduce use of epipen
 - f) Introduce glucagon kit for Type I Diabetes
 - g) Observe Spine boarding and use of C-Collar
 - h) Individual project: Modalities powerpoint to include: name of modality, type of modality, definition/description of modality, effect on injury cycle, indications, contraindications, set-up and duration of treatment
 - i) Research: is RICE outdated and new concepts in treatment (POLICE)
 - j) Pharmacology in sport: online lesson and questions

3. Musculoskeletal Conditions

- a) in-depth look at each of the following body regions. Each unit will consist of detailed anatomy to include bony landmarks, origins and insertions of specific muscles, specific injuries and taping techniques. Students will use the Trail Guide to the Human Body text and student workbook. Students will demonstrate an evaluation on a fictitious patient that includes taking a history, observation, palpation and special tests. At the end of the evaluation students should present their conclusion and be able to explain how they arrived at that conclusion. Additional assignments are noted.
 - i) foot
 - ii) ankle
 - iii) knee
 - (1) Paper: ACL reconstruction techniques
 - iv) thigh/hip
 - v) shoulder
 - (1) PowerPoint: throwing mechanics and throwing injuries of the shoulder
 - vi) elbow, forearm, wrist and hand
 - (1) Presentation: Compare/contrast Tommy John vs. Primary Repair
 - vii) Spine
 - (1) Demonstrate reflex testing

4. General Medical Conditions

- a) Head, face
 - i) Research: current trends in concussion management, NATA position statement
 - ii) PowerPoint: CTE
- b) Thorax and Abdomen
- c) Skin Disorders
 - i) NATA position statement: Acute Skin Trauma
 - ii) identification of specific conditions
- d) Additional General Medical Conditions
 - i) Position Statement: Prevention of Sudden Death
 - ii) Paper: Sudden Cardiac Arrest
 - iii) Position Statement: Management of Asthma
 - iv) Youth/ Adolescent athletes
 - (1) research: specific conditions of skeletally immature athletes
 - (2) Position statement: Pediatric overuse injuries

5. Risk Management

- a) Fitness and conditioning: Using information from book and research design a fitness program for a specific client/athlete
- b) Nutrition and supplements:
 - i) using information from book and research design a nutritional plan to meet the needs of a specific client/athlete
 - ii) Position statement: dietary supplements and fluid replacement
- c) Protective equipment
 - i) Demonstrate proper fit of helmet and shoulder pads

6. General: Case study to be completed during internship

Additional Items:

A. Articulation Agreements: This course is not articulated with a college.

B. UC/CSU A-G Status: This course does not meet a UC/CSU a-g requirement.

C. Course Competencies for MVROP Certificate:

- Identify various sports medicine professional careers
- Use related sports therapy medical terminology
- Identify human anatomy and physiology
- Classify sports injuries and phases of healing
- Describe therapeutic modalities and rehabilitation techniques for athletes
- Explain steps for proper handling of emergency situations
- Describe Techniques for injury assessment of an athlete
- Identify Universal Precautions to prevent the spread of infection
- List structure, injuries, and assessment of the ankle & lower leg, knee, thigh, hip, groin, pelvis, shoulder, elbow, forearm, wrist, hand, spine, thorax, abdomen, head, face, eyes, ears, nose, and throat
- Describe additional health concerns for athletes
- Identify environmental factors and risks
- Explain nutritional considerations for athletes