

PTE #302 (PDF)

SPORTS MEDICINE/ATHLETIC TRAINING-For Secondary Schools

*Technical Committee Report
and Curriculum Guide*



2006

Sports Medicine/Athletic Training
Idaho Division of Professional-Technical Education

Table of Contents

Responsibilities	Page
Introduction.....	2
Acknowledgements.....	4
Important Information.....	6
Delivery of the Curriculum.....	6
Student Employability	6
Instructor Qualifications	6
Length of the Program	6
Recommended Teacher Reference Textbooks.....	6
Student Textbooks	6
Curriculum Framework.....	7
Competencies.....	8
A. Prevent Injuries	8
B. Assess Physical Mental Conditions.....	12
C. Provide Emergency Care.....	13
D. Provide Treatment.....	17
E. Maintain Administrative Policies and Procedures	18
F. Maintain Professional Development.....	19

INTRODUCTION

The curriculum development process undertaken by the Idaho Division of Professional-Technical Education involves active participation of industry personnel. A Technical Committee Report is prepared on completion of the Committee's assignment. This publication is the Technical Committee Report for Sports Medicine/Athletic Training.

The Task List prepared by the Technical Committee reflects the skills currently necessary for a student to assist with athletic teams and to advance in the occupational field through continued education. Task Lists were grouped according to areas that generally apply to athletic training. These areas were used as the basis for modules in the statewide Curriculum Guide development process. The Technical Committee segment is the single most significant step in the curriculum development process.

Technical committee members developed the Statewide Curriculum Guide. These individuals have written Performance Objectives for each Task and the subsequent Enabling Objectives for each Performance Objective. The committee members prepared material in a competency-based format so as to have an effective and efficient methodology for determining student progress. The Statewide Guides are designed as the prime determiner of program content. All programs must follow the established Guide in order to be approved for operation. Any deviation from this Guide requires written approval from the respective program supervisor at the Division of Vocational Education. It is not the intent of the Division that all programs be designed to be exactly the same, but assurance is needed that the program meets the minimum standards for operation, based on the community needs, equipment, and facilities available to the local school or institution.

The Technical Committee Report does not dictate the level of instruction. The Task List developed reflects the fields of Sports Medicine/Athletic training. Schools and institutions determine what skills can be taught and what depth of instruction can be provided. They must choose the Tasks to be taught from the Technical Committee Report but are free to determine how many or which ones can be incorporated into their program. Advisory committees are used by institutions offering this training program to reflect local training and employability trends.

The Technical Committee Report is also used as the primary list for generating Student Profiles.

The Profile is used as a cumulative record of each student's progress. They are printed in a folder format and have performance scales for each Task so that student competence can be recorded for individual skills or tasks. This document will become the main component for articulation activities in the event that the student desires to go on for additional training or education.

ACKNOWLEDGEMENTS

The Technical Committee process involved personnel from education and the health care industry

who were selected by the Division with assistance of personnel in the specific field. People who serve on the Committees are nominated by local administrators and other personnel. In addition persons who could not attend the committee meetings served as readers/reviewers of the curriculum. These people serve with the approval of their employers and give their time and energies to the project without cost. The Division provided reimbursement for per diem and travel. We are indebted greatly to these representatives and to their employers for the resources so freely given to the pursuit of ensuring that Idaho students receive the most current training and education possible.

Therefore the Division and administrators of programs statewide are deeply indebted to the following people who served on the Technical Committee and who reviewed the curriculum:

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Your support and assistance is very greatly appreciated. Your patience for enduring the educational process is also noted. The students and instructional staff will be much more able to accomplish their respective goals as a result of your contributions.

SeAnne Safaii, PhD, RD, LD
Health Professions Program Manager

IMPORTANT INFORMATION

Delivery of The Sports Medicine/Athletic Training Curriculum. The Sports Medicine/Athletic Training Program currently existing in Idaho secondary schools is offered by the athletic training instructor. With the development of the standardized curriculum in this Technical Committee Report, it is anticipated that where a Health Professions program is established that the Sports Medicine/Athletic Training instructor will collaborate with the Health Professions instructor to link the two programs. Students will enroll in Orientation to Health Professions (HP 130) or Fundamentals for Health Professions (HP 133) as a prerequisite to Sports Medicine/Athletic Training. Sports Medicine/Athletic Training is a second year option

Student Employability. Due to the lack of employability, per state law, completion of this course can not lead to practice as an athletic trainer. Committee members discussed the lack of employability for students who complete the Sports Medicine/Athletic Training program. To increase employability opportunities it is suggested that where possible students can continue on into the Physical Therapy Aide or Personal Trainer programs that are a second year option for Health Professions students. It becomes very important then, if students are to benefit from the training programs that could be available, that the Health Professions and Sports Medicine/Athletic Training instructors work together to provide the maximum benefits and opportunities for students.

Instructor Qualifications. The instructor for this course must be a licensed athletic trainer, currently valid with the Idaho State Board of Medicine. The instructor must also hold a limited or standard Professional-Technical Education certificate.

Length of the Program. This program is two semesters in length using the usual one class period per day. Clinical experiences are part of the program. The Technical Committee recommends students have a variety of experiences in clinical settings for a minimum of 30 hours per semester under the supervision of a licensed Athletic Trainer on site. These experiences are usually scheduled outside of the regular class time.

Recommended Teacher Reference Textbooks

Although a textbook is not required to successfully complete this course, the following reference texts are suggested:

Concepts of Athletic Training by Pfeiffer, Ronald P., Mangus, Brent C. (1995). Publishers, Boston: Jones and Bartlett, 1-800-832-0034.

Principles of Athletic Training, 8th Edition by Arnheim, Daniel D. (1993). Published by Mosby Year Book.

Sports Medicine (In Press) by Irvin, Dr. Richard. Published by Prentice Hall.

Basic Taping Principles

Kinesiology Foundations for OTA and PTA

Student Textbooks

Basic Athletic Training. Obtained from Cramer Products 1-800-345-2231. Cramer Products is also a resource for other training manuals and supplies.

Introduction to Athletic Training and Sports Medicine

CURRICULUM FRAMEWORK

PROGRAM AREA: Health Professions

IDAHO DIVISION OF PROFESSIONAL-TECHNICAL EDUCATION EFFECTIVE DATE: June, 2006

PROGRAM TITLE: Sports Medicine/Athletic Training

IBEDS NO: 1536

I. MAJOR CONCEPTS/CONTENT: The purpose of this program is to prepare students in skills used in the fields of Sports Medicine/Athletic Training. The content includes, but is not limited to, roles and responsibilities of team members, emergency and non-emergency procedures, anatomy and physiology, injury evaluation, equipment and modalities of rehabilitation, injury and disease prevention, and protective equipment. The program will provide excellent background for continuation in postsecondary level health occupation programs and athletic training programs.

II. CLINICAL ACTIVITIES: The recommended minimum supervised clinical experience is 30 hours per semester. However, this is a competency-based program, therefore time will vary for each student according to the individual's achievement of competencies.

III. INTENDED OUTCOMES: After successfully completing this program and under the supervision of a qualified instructor, the student will be able to:

- A. Prevent Injuries
- B. Assess Physical and Mental Conditions
- C. Provide Emergency Care
- D. Provide Treatment
- E. Maintain Administrative Policies and Procedures
- F. Maintain Professional Development

A. Prevent Injuries

Tasks:

1. Use Universal Precautions

Enabling Objectives:

1. Describe the purpose behind following Universal Precautions
2. Describe the basic components of Universal Precautions
3. Identify body fluids for which Universal Precautions must be followed
4. Describe the methods of ensuring Universal Precautions are followed by the practitioner
 - a. Eyewear
 - b. Gloves
 - c. Outerwear
5. Describe how to maintain a sterile environment and prevent cross-contamination during wound care
6. Describe and demonstrate how to properly apply and remove latex/vinyl gloves
7. Describe and demonstrate the proper hand-washing technique
8. Describe the purpose of a sharps container
 - a. Identify steps to avoid contaminated sharps
9. Identify the proper procedures to follow if there as potential exposure
10. Identify the cause, effects, treatment and prevention for the following blood borne pathogens in the athletic setting
 - a. Hepatitis A
 - b. Hepatitis B
 - c. HIV

2. Maintain a Safe Treatment Facility

Enabling Objectives:

1. Describe why it is necessary to maintain a safe, hygienic and sanitary athletic training room
2. Describe the rules necessary to maintain a safe, hygienic and sanitary athletic training room
3. Rules for Athletes
4. Rules regarding food

5. Rules regarding daily cleaning
6. Rules regarding how to disposed of wound care cleaning supplies
7. Describe the methods of disinfecting the athletic training room
8. Identify the proper cleaning substances used
9. Define the following terms and how they relate to the athletic training room and maintaining a safe treatment facility
 - a. Disinfectant
 - b. Antiseptic
 - c. Sanitizer

3. Perform Activity Venue Inspection

Enabling Objectives:

1. Describe why it is necessary for the athletic trainer to inspect facilities for safety
2. Define Liability and explain how it relates to activity venue inspection
3. Describe various issues that could affect the safety of the athlete
 - a. Class
 - b. Wet surfaces
 - c. Holes
 - d. Hardness of playing field
 - e. Locked gates

4. Monitor Environmental Conditions

Enabling Objectives:

1. Describe the metabolic factors that contribute to maintaining proper body temperature
2. Discuss the importance of heat acclimation prior to seasons beginning
3. Discuss the effects of exercise, humidity, wind and fluid loss on an athlete's ability to maintain a normal body temperature
4. Identify the cause, signs and symptoms and treatment of heat-related illnesses
 - a. Heat Cramps
 - b. Heat Syncope
 - c. Heat Exhaustion
 - d. Heat Stroke
5. Discuss and Identify methods to prevent heat illnesses
 - a. Acclimatization
 - b. Practice clothes and uniforms
 - c. Fluid Replacement
 - d. Pre- and Post-practice weight monitoring
 - e. Athletes at risk
6. Identify the cause, signs and symptoms, and treatment of cold-related illnesses
 - a. Frostnip

- b. Chilblains
 - c. Frostbite
 - d. Hypothermia
7. Discuss and Identify methods to prevent cold exposure
 - a. Proper fluid and energy replacement
 - b. Practice clothes and uniforms
 - c. Proper materials and layering
 - d. Getting out of the elements of wind, cold and wet
 8. Discuss the importance of constant monitoring of weather conditions for outdoor activities
 9. Demonstrate how to determine relative humidity
 10. Describe how to use weather index scales when determining safe practice environments
 - a. Heat Stress Index
 - b. Wind Chill Index
 11. Discuss the key elements of a Lightning Safety Plan

5. Apply Preventative Taping

Enabling Objectives:

1. Describe the purpose behind preventative taping
2. Identify and describe the purpose behind the different athletic tapes
 - a. Cotton/Linen Tape
 - b. Elastic Tape
3. Identify the proper steps in preparing an extremity for preventative taping
4. Demonstrate the proper methods for the following tape applications
 - a. Inversion Ankle Sprain
 - b. Turf Toe
 - c. Longitudinal Arch Support
 - d. Hyperextended Elbow
 - e. Hand, Wrist, Thumb
5. Demonstrate the proper method to remove tape from an athlete

6. Provide Adequate Hydration

Enabling Objectives:

1. Discuss the meaning behind ad libitum and it's importance in athletics
2. Describe how much fluid an athlete may lose during practice or competition
3. Discuss the general rules with athlete hydration for each situation
 - a. Pre-practice or competition
 - b. During practice or competition
 - c. Post-practice or competition

4. Describe how monitoring pre- and post-practice weigh-ins can be used to determine how much fluid an athlete must consume before continuing with the next practice
5. Discuss the role of electrolytes in fluid replacement
6. Identify the warning signs of dehydration
7. Identify and describe the fluids that are and are not appropriate to consume during activity

7. Perform Stretching Techniques

Enabling Objectives:

1. *Define and describe the differences between static and ballistic stretching*
2. *Discuss the benefits of stretching in athletic performance*
3. *Describe the basic rules behind stretching*
 - a. *When to stretch*
 - b. *How often to stretch*
 - c. *How long to stretch*
 - d. *Painful stretching*
4. *Demonstrate how to properly stretch the following muscle groups either as a solo and a partner stretch if appropriate*
 - a. *Calves*
 - b. *Hamstrings*
 - c. *Quadriceps*
 - d. *Adductors*
 - e. *Hip Flexors*
 - f. *Gluteals*
 - g. *Lumbar*
 - h. *Thoracic*
 - i. *Chest*
 - j. *Shoulder*
 - k. *Tricep*
 - l. *Wrist*
 - m. *Neck*

8. Maintain Sports Equipment

Enabling Objectives:

1. *Discuss the legal ramifications of maintaining proper equipment*
2. *Discuss the importance and meaning behind a NOCSAE sticker on helmets*
3. *Describe and Demonstrate how to properly fit the following*
 - a. *Football Helmet*
 - b. *Shoulder Pads*
4. *Describe the importance of mouth guards*
5. *Describe how to properly fit a commercial mouth guard*

6. *Discuss the purpose for each of the following protective sports equipment and how they relate to athlete health and safety*
 - a. *Eyewear*
 - b. *Soccer Shin Guards*
 - c. *Football Girdle*
 - d. *Football Thigh and Knee Pads*
 - e. *Sports Bra*
 - f. *Wrestling Head Gear*

B. Assess Physical and Mental Conditions

Tasks:

1. Recognize signs and symptoms, injuries and illness

Enabling Objectives:

1. Recognize chronic sports injuries
2. Recognize acute sports injuries
3. Identify various diseases that can affect sports participation.
4. Discuss necessary precautions for individuals with disease.

2. Obtain accurate history

Enabling Objectives:

1. Identify the steps of an injury evaluation
2. Ask injury specific questions
3. Use information to determine possible injuries
4. Participate in mock examinations

3. Inspect and Observe physical indicates

Enabling Objectives:

1. Identify inflammation, deformity, discoloration.

4. Develop treatment plan

Enabling Objectives:

1. Identify steps of an injury evaluation.
2. Demonstrate History, Observation, Palpation, Special Tests (HOPS)
3. Demonstrate proper use of Protection Rest Ice Compression and Elevation (PRICE)
4. Identify proper rehabilitation exercises and techniques
5. Demonstrate the use of Progressive Resistive Exercises (PRE's)

C. Provide Emergency Care

Tasks:

1. Perform Primary Survey

Enabling Objectives:

1. Identify the components of the Primary Survey; Airway, Breathing, Circulation, Controlling Bleeding
2. Demonstrate how to Assess Airway, Breathing and Circulation
3. Demonstrate how to control bleeding using Direct Pressure, Elevation and Pressure Point

2. Perform Triage

Enabling Objectives:

1. Recognize the signs of life threatening injuries and differentiate which injuries should be handled first based on priority
2. Perform ongoing assessment of basic first aid to recognize deteriorating signs and symptoms.
3. Incorporate the principals of Triage when dealing with numerous athletes with injuries in the athletic training room.
4. Describe the appropriate medical supplies for an athletic first aid kit
5. Demonstrate how to properly pack an athletic first aid kit

3. Activate Emergency Action Plan

Enabling Objectives:

1. Describe the key components for an Emergency Action Plan
2. Identify the members of Sports Medicine Team that provide care during athletic events.
3. Identify the responsibilities for each member of a Sports Medicine Team when activating the Emergency Action Plan Team
4. Identify the equipment necessary to cover sporting events
5. Identify emergency conditions that necessitate the activation of the Emergency Action Plan
6. Demonstrate the ability to activate the emergency action plan for particular sporting venues at the student's school and/or practice facilities

4. Apply life-saving techniques

Enabling Objectives:

1. Recognize the signs and symptoms of someone who is experiencing
 - a. Unconsciousness
 - b. An obstructed airway
 - c. Cardiac Arrest
2. Properly demonstrate skills necessary to successfully perform
 - a. Rescue Breathing for Adults, Toddlers and Infants
 - b. Single Person CPR for Adults, Toddlers and Infants

- c. Two Person Adult CPR
 - d. Choking for a Conscious Person for Adults, Toddlers and Infants
 - e. Choking for an Unconscious Person for Adults, Toddlers and Infants
3. Demonstrate proper use of an Airmask when delivering Rescue Breaths
 4. Demonstrate proper use of Ambubags
 5. Demonstrate proper use of an AED

5. Perform Secondary Survey

Enabling Objectives:

1. Demonstrate how to take an injury history of an injured athlete
2. Identify and Demonstrate the steps of assessing vital signs
3. Demonstrate how to do a head-to-toe exam looking for signs of other injuries

6. Assess Vital Signs

Enabling Objectives:

1. Discuss the importance and reasoning behind assessing Vital Signs
2. Identify and Demonstrate how to properly assess Vital Signs of an injured athlete
 - a. Pulse
 - b. Respiration
 - c. Temperature
 - d. Skin Color
 - e. Pupils
 - f. State of Consciousness
 - g. Movement
 - h. Abnormal Nerve Stimulation
 - i. Blood Pressure
3. Discuss the standard vital sign values for athletes
4. Identify and Recognize Abnormalities when assessing Vital Signs

7. Control Bleeding

Enabling Objectives:

1. Explain universal precautions
2. Identify and demonstrate how to maintain a sterile technique when cleaning a wound
3. Demonstrate how to properly put on and dispose of latex/vinyl gloves
4. Demonstrate how to properly clean and disinfect hands after care has been administered
5. Describe and Demonstrate the correct order to control bleeding
 - a. Applying Direct Pressure
 - b. Elevating the wound

- c. Utilizing appropriate pressure points
6. Recognize the differences between Arterial and Venous Bleeding
7. Demonstrate proper wound care: Cleaning, Bandaging, Dressing

8. Identify Injuries

Enabling Objectives:

1. Define and describe how bending, compression, shearing forces, tension and torsion causes injury to soft and hard tissue.
2. Describe the signs and symptoms for strains, sprains and fractures
3. Describe the forces involved with strains, sprains and fractures
4. Describe the signs and symptoms for subluxations and dislocations
5. Explain the differences between subluxations and dislocations
6. Describe the signs and symptoms for abdominal and thoracic organ injuries
7. List and describe common injuries to skin, tendons, ligaments, muscles and bone
8. Identify and describe the signs and symptoms for Heat Cramps, Heat Exhaustion and Heat Stroke

9. Perform Cervico-Spinal Stabilization Techniques

Enabling Objectives:

1. Demonstrate proper techniques for stabilizing an injured athlete on a spine board
2. Demonstrate how to properly maintain cervical stabilization while placing an athlete onto a spine board from both a prone and supine positions
3. Demonstrate how to properly logroll an athlete onto a spine board from prone position.
4. Demonstrate how to properly place an athlete onto a spine board from a supine position.
5. Demonstrate how to properly place a supine athlete onto a spine board using a scoop.

10. Identify and Treat Shock

Enabling Objectives:

1. Identify and describe the different kinds of shock and how they are manifested
2. Identify and recognize the signs and symptoms of an injured athlete experiencing shock
3. Identify and describe the first aid measures necessary to treat shock
4. Describe measures to prevent an injured athlete from digressing into shock

11. Treat Acute Wounds

Enabling Objectives:

1. Describe and Identify common skin wounds

- a. Abrasions
 - b. Incisions
 - c. Lacerations
 - d. Punctures
 - e. Blisters
2. Demonstrate how to properly clean, bandage and dress the different types of skin wounds
 3. Demonstrate how to properly bandage and dress an incision or laceration with steri-strips
 4. Demonstrate how to properly bandage and dress a wound with a bioclusive such and tagaderm

12. Apply immobilization Techniques

Enabling Objectives:

1. Identify types of splinting equipment utilized in supporting injuries
2. Demonstrate how to properly apply a sam splint to the forearm, lower leg and ankle
3. Demonstrate how to properly apply a sling and swath to an injured forearm and/or shoulder
4. Demonstrate how to properly apply some type of soft splint to both the upper and lower extremities

13. Monitor neurological signs

Enabling Objectives:

1. Explain the mechanisms in which nerves are injured
2. Identify the signs and symptoms of an athlete experiencing some type of nerve injury
3. Describe the differences between injuries to the brain such as concussions, subdural hematomas and epidural hematomas
4. Identify the signs and symptoms for concussions, subdural hematomas and epidural hematomas
5. Identify and describe how dermatomes and mytomes are important when assessing neurological damage

14. Facilitate safe transfer

Enabling Objectives:

1. Describe and demonstrate proper procedures to transport an injured athlete suffering from a spinal injury using a spine board and stretcher
2. Describe and demonstrate proper procedures to remove an athlete from the playing field with a lower extremity injury that does not require a spine board or stretcher.
3. Describe and demonstrate proper procedures to remove an athlete from the playing field with an upper extremity injury that does not require a spine board or stretcher.

15. Utilize ambulatory aids

Enabling Objectives:

1. Properly demonstrate how to fit crutches
2. Properly demonstrate how to correctly use crutches for non-weight bearing on one limb
3. Properly demonstrate how to correctly use crutches for going up and down stairs
4. Properly demonstrate how to correctly use crutches for partial weight bearing
5. Properly demonstrate how to affix a compression wrap with a horseshoe

D. Provide Treatment

Tasks:

1. Taping Injuries

Enabling Objectives:

1. Describe the importance of taping
2. Describe the common supplies used in taping
3. Perform basic taping techniques
 - a. Ankle tape
 - b. Low-dye, arch tape
 - c. Turf toe tape
 - d. Achilles tendon tape
 - e. Shin tape
 - f. Wrist tape
 - g. Thumb tape
 - h. Elbow tape
 - i. Knee tape
 - j. Thigh and Hamstring tape

2. Perform Wound Care

Enabling Objectives:

1. Recognize Medical Situation
2. Use Standard Precautions
3. Perform First Aide

3. Apply Wrapping, Padding, Bracing, and Casting

Enabling Objectives:

1. Describe the importance of wrapping, padding, bracing and casting
2. Perform basic wrapping, padding, bracing and casting
 - a. Ankle wrap
 - b. Groin wrap
 - c. Hip wrap
 - d. Thigh wrap
 - e. Shoulder wrap

4. Apply Cryotherapy Modalities

Enabling Objectives:

1. Explain the use of cryotherapy
2. Recognize the contraindication/precautions of cryotherapy
3. Describe the different applications of cryotherapy

5. Apply Thermo Modalities

Enabling Objectives:

1. Explain the use of thermo modalities
2. Recognize the contraindication/precautions of thermo modalities
3. Describe the different applications of thermo modalities

6. Utilize Flexibility Exercise

Enabling Objectives:

1. Explain how stretching and flexibility are important
2. Describe different types of stretching

7. Utilize Free Weight Exercise

Enabling Objectives:

1. Explain the uses of free wt. exercise
2. Demonstrate free wt. exercise
3. Describe different uses for free wt. Exercise

8. Utilize Exercise Equipment

Enabling Objectives:

1. Explain the use of exercise equipment
2. Demonstrate different exercise equipment
3. Describe different uses for exercise equipment

E. Maintain Administrative Policies and Procedures

Tasks

1. Follow Standards of Practice

Enabling Objectives:

1. Explain the importance for standards of practice.
2. Describe the areas within the standards of practice.

2. Protect Patient Rights

Enabling Objectives:

1. Describe the components that make-up the patient bill of rights.

2. Explain how health care professionals protect a patient's rights.
 3. Explain how HIPAA has influenced the patient bill of rights.
3. **Follow Governing Regulations**
Enabling Objectives:
 1. Describe the regulations and the need for governmental regulations in health care.
 2. Recognize and understand the national and state regulations that govern the scope of practice for ATC's and LAT's.
 4. **Maintain Medical Records**
Enabling Objectives:
 1. Explain the medical charting process.
 2. Recognize the sequence and importance of charting.
 3. Describe how to collect and file medical records..

F. Maintain Professional Development

Tasks:

1. **Follow Code of Ethics**
Enabling Objectives:
 1. Identify appropriate Sports Medicine Code of Ethics (e.g. NATA Code of Ethics; BOC Standards of Professional Practice).
 2. Identify appropriate Sports Medicine federal and state regulatory acts (e.g. Idaho Athletic Training Licensure: Idaho Statute 54-3904).
 3. Define legal terms: Tort, Negligence, Reasonable Care, Good Samaritan Act, Confidentiality, and Informed Consent.
 4. Identify limitations of the role and responsibilities of all Sports Medicine team members.
2. **Demonstrate appropriate professional conduct**
Enabling Objectives:
 1. Protect athlete/patient rights.
 2. Demonstrate appropriate professional conduct (e.g. dress, mannerisms, communication, etc.).
3. **Maintain CPR certification (Health Care Provider)**
Enabling Objectives:
 1. Demonstrate proficiency in appropriate Health Care Provider CPR certification.
 2. Maintain current CPR certification.
4. **Educate about Athletic Training profession**
Enabling Objectives:
 1. Recognize the need for Athletic Training professionals.
 2. Advocate Athletic Training as an allied health profession.

3. Teach community about the Athletic Training profession (e.g. develop materials, assist with workshop, etc.).
4. Explain the functions of the athletic trainer as a member of the Sports Medicine team.