

Week	Marking Period 1&3	Week	Marking Period 2 & 4
1	<p>Into Sports Medicine - Emergency Medicine</p> <ol style="list-style-type: none"> Learn and apply safety principles CPR/First Aid as per American Red Cross 	7	<p>Introduce the field of Orthopedic Medicine</p> <ol style="list-style-type: none"> Identify Scope of Practice Schooling Work Environments Professional Organizations Orthopedic Seminar
2	<p>Introduce the field of Athletic Training</p> <ol style="list-style-type: none"> Identify Scope of Practice Schooling Work Environments Professional Organizations Athletic Training Seminar 	8	<p>Introduce the field of Chiropractic Medicine</p> <ol style="list-style-type: none"> Identify Scope of Practice Schooling Work Environments Professional Organizations Chiropractic Seminar
3	<p>Emergency Medicine (Athletic Training) – Know the foundations of sports trauma as it relates to human anatomy and physiology</p> <ol style="list-style-type: none"> Identify the mechanism, characteristics and classification of sports injury both acute and chronic Define tissue response to injury Determine Range of Motion concerns as they relate to specific sports injuries 	9	<p>Introduce the field of Physical Therapy</p> <ol style="list-style-type: none"> Identify Scope of Practice Schooling Work Environments Professional Organizations Physical Therapy Seminar
4	<p>Emergency Medicine (Athletic Training) – Understand the Importance of Injury Prevention</p> <ol style="list-style-type: none"> Explain the Importance of physical conditioning and training Identify the need for utilizing protective sports devices Explain the psychological stress that impact an athlete 	10	<p>Introduce the field of Sports Psychology</p> <ol style="list-style-type: none"> Identify Scope of Practice Schooling Work Environments Professional Organizations Sports Psychology Seminar
5	<p>Emergency Medicine (Athletic Training) –</p> <ol style="list-style-type: none"> Develop and evaluate an Injury/Emergency Action Plan Explain the evaluation format: H.O.P.S (EMS Seminar- Oakhurst) Demonstrate the emergency evaluation of unconscious athlete (EMS Seminar- Oakhurst) Name the various types of emergency equipment and demonstrate specific emergency transportation procedures 	11	<p>Introduce the field of Sports Nutrition</p> <ol style="list-style-type: none"> Identify Scope of Practice Schooling Work Environments Professional Organizations Sports Nutrition Seminar
6	<p>Recognize and understand the signs and symptoms, and management of common Lower Extremity sports injuries</p> <ol style="list-style-type: none"> Foot/Ankle/ Lower Leg Injuries Knee/Thigh Injuries 	12	<p>Introduce the field of Personal Training</p> <ol style="list-style-type: none"> Identify Scope of Practice Schooling Work Environments Professional Organizations Personal Training Seminar

Week	Marking Period 1&3	Week	Marking Period 2 & 4
1	<p>Into Sports Medicine - Emergency Medicine</p> <ul style="list-style-type: none"> c. Learn and apply safety principles d. CPR/First Aid as per American Red Cross 	7	<p>Introduce the field of Orthopedic Medicine</p> <ul style="list-style-type: none"> f. Identify Scope of Practice g. Schooling h. Work Environments i. Professional Organizations j. Orthopedic Seminar
2	<p>Introduce the field of Athletic Training</p> <ul style="list-style-type: none"> f. Identify Scope of Practice g. Schooling h. Work Environments i. Professional Organizations j. Athletic Training Seminar 	8	<p>Introduce the field of Chiropractic Medicine</p> <ul style="list-style-type: none"> f. Identify Scope of Practice g. Schooling h. Work Environments i. Professional Organizations j. Chiropractic Seminar
3	<p>Emergency Medicine (Athletic Training) – Know the foundations of sports trauma as it relates to human anatomy and physiology</p> <ul style="list-style-type: none"> d. Identify the mechanism, characteristics and classification of sports injury both acute and chronic e. Define tissue response to injury f. Determine Range of Motion concerns as they relate to specific sports injuries 	9	<p>Introduce the field of Physical Therapy</p> <ul style="list-style-type: none"> f. Identify Scope of Practice g. Schooling h. Work Environments i. Professional Organizations j. Physical Therapy Seminar
4	<p>Emergency Medicine (Athletic Training) – Understand the Importance of Injury Prevention</p> <ul style="list-style-type: none"> d. Explain the Importance of physical conditioning and training e. Identify the need for utilizing protective sports devices f. Explain the psychological stress that impact an athlete 	10	<p>Introduce the field of Sports Psychology</p> <ul style="list-style-type: none"> f. Identify Scope of Practice g. Schooling h. Work Environments i. Professional Organizations j. Sports Psychology Seminar
5	<p>Emergency Medicine (Athletic Training) –</p> <ul style="list-style-type: none"> e. Develop and evaluate an Injury/Emergency Action Plan f. Explain the evaluation format: H.O.P.S g. (EMS Seminar- Oakhurst) Demonstrate the emergency evaluation of unconscious athlete h. (EMS Seminar- Oakhurst) Name the various types of emergency equipment and demonstrate specific emergency transportation procedures 	11	<p>Introduce the field of Sports Nutrition</p> <ul style="list-style-type: none"> f. Identify Scope of Practice g. Schooling h. Work Environments i. Professional Organizations j. Sports Nutrition Seminar
6	<p>Recognize and understand the signs and symptoms, and management of common Lower Extremity sports injuries</p> <ul style="list-style-type: none"> c. Foot/Ankle/ Lower Leg Injuries d. Knee/Thigh Injuries 	12	<p>Introduce the field of Personal Training</p> <ul style="list-style-type: none"> f. Identify Scope of Practice g. Schooling h. Work Environments i. Professional Organizations j. Personal Training Seminar

Time Frame	5 Weeks		
Topic			
Emergency Medicine with emphasis on Emergency Medical Services (EMS) and Athletic Training			
Essential Questions			
By the end of the unit students will be able to answer...			
<ul style="list-style-type: none"> • Why is it important to follow specific procedures in an emergency situation? • How the Athletic Training professional originated? 			
Enduring Understandings			
By the end of the unit students will be able to answer...			
<ul style="list-style-type: none"> • Why is it important to follow specific procedures in an emergency situation? • Identify emergency situations, mechanism of injury and types of injuries. • Understand and explain the psychological and physiological response to injury. • The evaluation of the Athletic Training profession. 			
Alignment to NJCCCS			
21st Century Life and Careers WORK 9-12.9.1.12.A, 9-12.9.1.12.B, , 9-12.9.2.12.A, Comprehensive Health and Physical Education HE 9-12.2.1.12.B, 9-12.2.1.12.C, 9-12.2.1.12.D, 9-12.2.3.12.A Science SCI.9-12.5.3.12, SCI.9-12.5.3.12.A, Technology TEC.9-12.8.1.12.B, TEC.9-12.8.1.12.C, TEC.9-12.8.1.12.D, TEC.9-12.8.1.12.E			
Learning Activities			
Lecture	Class Activities	PowerPoint- Teacher and student developed	Student developed accident simulations
Assessments			
Summative Traditional Assessments: <ul style="list-style-type: none"> • Tests and Quizzes • Homework 		Summative Performance Assessments: <ul style="list-style-type: none"> • Project based learning • Manual First Aid and CPR 	
21st Century Skills			
Creativity- X		Critical Thinking- X	
Communication- X		Collaboration- X	
Life & Career Skills - X		Informational Literacy - X	
Media Skills - X			
Interdisciplinary Connections			
<ul style="list-style-type: none"> • Science • Health and Physical education • 21st Century Careers • Technology • English 			
Technology Integration			
Tablets/Smartphones/laptops/video cameras			

Time Frame	5 Weeks		
Topic			
Clinical Evaluations			
Essential Questions			
By the end of the unit students will be able to answer, What are...			
<ul style="list-style-type: none"> • Common sports injuries to the lower extremities • Common sports injuries to the trunk, abdominal region • Common sports injuries to the shoulder, elbow wrist and hand • Common sports ailments • Common wrapping and taping of sports injuries 			
Enduring Understandings			
By the end of the unit students will be able to recognize and understand:			
<ul style="list-style-type: none"> • Recognize and understand the signs and symptoms, and management of common Lower Extremity sports injuries • Recognize and understand the signs and symptoms, and management of common Upper Extremity sports injuries • Recognize and understand the prevention, signs and symptoms, and management of common sports conditions • Demonstrate an understanding of Basic Wrapping and taping skills 			
Alignment to NJCCCS			
21st Century Life and Careers			
WORK			
9-12.9.1.12.A, 9-12.9.1.12.B, , 9-12.9.2.12.A,			
Comprehensive Health and Physical Education			
HE			
9-12.2.1.12.B, 9-12.2.1.12.C, 9-12.2.1.12.D, 9-12.2.3.12.A			
Science			
SCI.9-12.5.3.12, SCI.9-12.5.3.12.A,			
Technology			
TEC.9-12.8.1.12.B, TEC.9-12.8.1.12.C, TEC.9-12.8.1.12.D, TEC.9-12.8.1.12.E			
Learning Activities			
Lecture	Class Activities	PowerPoint- Teacher and student developed	Student hands on labs
Assessments			
Summative Traditional Assessments		Summative Performance Assessments	
<ul style="list-style-type: none"> • Tests and Quizzes • Homework 		<ul style="list-style-type: none"> • Student based projects • Physical assessments 	
21st Century Skills			
Creativity- X		Critical Thinking- X	
Communication- X		Collaboration- X	
Life & Career Skills - X		Informational Literacy - X	
Media Skills - X			
Interdisciplinary Connections			
<ul style="list-style-type: none"> • Science • Health and Physical education • 21st Century Careers • Technology • English 			

Technology Integration			
Tablets/Smartphones/laptops/video cameras			
Time Frame	5 Weeks		
Topic			
Professional Fields of Sports Medicine			
Essential Questions			
By the end of the unit students will be able to answer; What is..			
<ul style="list-style-type: none"> • Scope of Practice • Schooling necessary • Work environments • Professional organizations 			
Enduring Understandings			
By the end of the unit students will be able to recognize and understand the field of:			
<ul style="list-style-type: none"> • Orthopedics • Chiropractic • Physical Therapy • Sports Psychology • Sports Nutrition • Exercise Physiology 			
Alignment to NJCCCS			
21st Century Life and Careers WORK 9-12.9.1.12.A, 9-12.9.1.12.B, , 9-12.9.2.12.A, Comprehensive Health and Physical Education HE 9-12.2.1.12.B, 9-12.2.1.12.C, 9-12.2.1.12.D, 9-12.2.3.12.A Science SCI.9-12.5.3.12, SCI.9-12.5.3.12.A, Technology TEC.9-12.8.1.12.B, TEC.9-12.8.1.12.C, TEC.9-12.8.1.12.D, TEC.9-12.8.1.12.E			
Learning Activities			
Lecture	Class Activities	PowerPoint- Teacher and student developed	Guest Lectures
Assessments			
Summative Traditional Assessments: <ul style="list-style-type: none"> • Tests and Quizzes • Homework 		Summative Traditional Assessments: <ul style="list-style-type: none"> • Student based projects 	
21st Century Skills			
Creativity- X		Critical Thinking- X	
Communication- X		Collaboration- X	
Life & Career Skills - X		Informational Literacy - X	
Media Skills - X			
Interdisciplinary Connections			
<ul style="list-style-type: none"> • Science • Health and Physical education • 21st Century Careers • Technology 			

- English

Technology Integration

Tablets/Smartphones/laptops/video cameras

Time Frame	5 Weeks
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Topic

Exercise Rehabilitation

Essential Questions

By the end of the unit students will be able to answer, What are...

- The difference between therapeutic and conditioning exercise
- The difference between flexibility, proprioception and cardiovascular exercises
- The difference between various therapeutic modalities
- The difference between legal and illegal therapeutic drugs

Enduring Understandings

By the end of the unit students will be able to:

- Understand the Importance of Exercise Rehabilitation
- Develop an exercise rehabilitation plan and explain the steps required in its maintenance
- Observe therapeutic modalities regarding patient preparation, modality set-up, dosage parameters, precautions
- To become aware of drug use and abuse in sports

Alignment to NJCCCS

21st Century Life and Careers

WORK

9-12.9.1.12.A, 9-12.9.1.12.B, , 9-12.9.2.12.A,

Comprehensive Health and Physical Education

HE

9-12.2.1.12.B, 9-12.2.1.12.C, 9-12.2.1.12.D, 9-12.2.3.12.A

Science

SCI.9-12.5.3.12, SCI.9-12.5.3.12.A,

Technology

TEC.9-12.8.1.12.B, TEC.9-12.8.1.12.C, TEC.9-12.8.1.12.D, TEC.9-12.8.1.12.E

Learning Activities

Lecture	Class Activities	PowerPoint- Teacher and student developed	Student hands on labs
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Assessments

Summative Traditional Assessments:

- Tests and Quizzes
- Homework

Summative Traditional Assessments:

- Tests and Quizzes
- Homework

21st Century Skills

Creativity- **X**Critical Thinking- **X**Communication- **X**Collaboration- **X**Life & Career Skills -**X**Informational Literacy -**X**Media Skills - **X**

Interdisciplinary Connections

- Science
- Health and Physical education
- 21st Century Careers
- Technology
- English

Technology Integration

Tablets/Smartphones/laptops/video cameras