

STRATFORD PUBLIC SCHOOLS
CURRICULUM MAP FOR: Rehabilitation Science & Sports Medicine

| | Content | Activities |
|---|---|---|
| <u>Introduction to Rehabilitation Science</u> | <ul style="list-style-type: none"> • Course introduction • Internship and clinical expectations • Journal and hour tracking | <ul style="list-style-type: none"> • Create a career path • Set up journal/blog and hour tracking |
| <u>A Multidisciplinary Approach to Rehabilitation</u> | <ul style="list-style-type: none"> • History of sports medicine • History of rehab sciences • Multidisciplinary team | <ul style="list-style-type: none"> • Research Galen & Gladiator training methods and injuries • Become a student member of a professional organization i.e. ATC |
| <u>Medical Terminology</u> | <ul style="list-style-type: none"> • Types of education • Certification, registration licensure • Accreditation • Education levels, trend & opportunities • Health careers in the NHCSS clusters | <ul style="list-style-type: none"> • Word dissection • Word building • Supplemental text: Medical Terminology for Health Professions, 6th Edition |
| <u>Roles & Responsibility</u> | <ul style="list-style-type: none"> • Athletic physicals • Legal and ethical issues • Workplace safety | <ul style="list-style-type: none"> • Case study in ethics • Skills lab athletic physicals |
| <u>Conditioning</u> | <ul style="list-style-type: none"> • Components of conditioning • Flexibility & stretching | <ul style="list-style-type: none"> • Skills lab: setting up conditioning programs |
| <u>Nutrition & Pharmacology</u> | <ul style="list-style-type: none"> • Dietary plans • Nutritional components • Fad diets • Performance enhancing drugs and effects | <ul style="list-style-type: none"> • Case study: performance enhancing drugs • Video: diet dangers |
| <u>Sports Psychology</u> | <ul style="list-style-type: none"> • Goal setting • Stress reduction • Motivational process • Psychological effects of injury | <ul style="list-style-type: none"> • Goal setting process • Case study • Movie: Strong |
| <u>Assessment & Evaluation of injuries</u> | <ul style="list-style-type: none"> • Sports massage • Patient transfers and moving | <ul style="list-style-type: none"> • Skills lab: patient transfers, Gait training |
| <u>Therapeutic Modalities</u> | <ul style="list-style-type: none"> • Hydro therapy • Cryo and thermo therapy | <ul style="list-style-type: none"> • Skills lab: sports massage • Skills lab: Cryo and Thermo therapy |

STRATFORD PUBLIC SCHOOLS
CURRICULUM MAP FOR: Rehabilitation Science & Sports Medicine (continued)

| | Content | Activities |
|--|---|---|
| <u>Kinesiology</u> | <ul style="list-style-type: none"> • Measuring ROM • Using assistive devices to assist with ambulation | <ul style="list-style-type: none"> • Skills lab: using assistive devices • Lab: goniometer ROM |
| <u>Anatomy, Physiology & Pathophysiology</u> | <ul style="list-style-type: none"> • Anatomical studies • Physiology of the anatomical systems • The epidemiological look at diseases | <ul style="list-style-type: none"> • Anatomical coloring pages • Physiology labs • Pathophysiology |
| Beyond the Classroom | <ul style="list-style-type: none"> • 21st Century Skills • Professional decorum • Career exploration • Social responsibility | <ul style="list-style-type: none"> • Possible activities may include: <ul style="list-style-type: none"> -HOSA: future health professionals -Current events -Guest Speakers -Job shadowing -Field experiences -Volunteering |