

SIM 495 Sports Medicine

PATHOLOGY OF INJURIES AND ILLNESSES

Cognitive Domain

- 7 Predicts the body's adaptation to exercise during and following illness and injury.
- 13 Outlines the autoimmune and immunodeficiency responses and their associated diseases (e.g., lupus, HIV/AIDS).

Affective Domain

- 1 Appreciates that an understanding of pathology is essential to care for athletes and others involved in physical activity.
- 3 Accepts the moral and ethical responsibility of maintaining current knowledge of the pathologic conditions of athletes and others involved in physical activity.
- 4 Promotes accountability for moral and ethical decision-making in the treatment of pathologic conditions.

ACUTE CARE OF INJURIES AND ILLNESSES

Cognitive Domain

- 37 Recognizes the signs and symptoms of toxic drug overdose.
- 40 Recognizes the signs and symptoms of common infectious diseases, and takes appropriate steps to prevent disease transmission through appropriate medical referral (see General Medical Clinical Proficiencies, 61-64, for a list of common infectious diseases). {~X-REF}

PHARMACOLOGY

Cognitive Domain

- 1 Recognizes the general concepts and differences in the legal regulation of non-prescription, prescription, and classified pharmaceuticals.
- 2 Recalls and can access the laws, regulations, and procedures that govern storage, transportation, dispensation, and recording prescription and nonprescription medications (Controlled Substance Act, scheduled drug classification, and state statutes).
- 3 Identifies the role of the Food and Drug Administration (FDA) in approving and recalling drugs.
- 4 Identifies appropriate terminology and pharmaceutical abbreviations used in the prescription and dispensation of medications.
- 5 Identifies the common resources used to identify indications, contraindications, precautions, and adverse reactions for prescription and nonprescription medications.
- 6 Recalls how the concept of potency and expiration affects drug dose protocols.
- 7 Identifies common methods used to administer medication.
- 8 Relates the relationship of generic to brand name pharmaceuticals.
- 9 Describes the kinetic process of absorption, distribution, metabolism, and elimination of administered medication.
- 10 Describes how physical activity may influence a drug's therapeutic effect.
- 11 Illustrates the general concepts of dissolution, bioavailability, and bioequivalence.

- 12 Recognizes the general action of biotransformation in the biochemical reactions that occur during drug absorption.
- 13 Recognizes that adverse drug reactions can be immediate (acute) or delayed (chronic).
- 14 Describes the potential risks of co-interaction between two or more pharmaceutical agents.
- 15 Recognizes the difference between cortical and anabolic steroids and other androgenics.
- 16 Describes the general indications, contraindications, and adverse reactions of prescription and nonprescription anti-inflammatory and antiarthritic medications (e.g., steroidal and nonsteroidal).
- 17 Lists the general indications, contraindications, and adverse reactions of commonly used prescription and nonprescription analgesic medications.
- 18 Lists the general indications, contraindications, and adverse reactions of prescription and nonprescription local anesthetics.
- 19 Lists the general indications, contraindications, and adverse reactions of bronchodilators and other prescription and nonprescription respiratory medications as they relate to physical activity.
- 20 Identifies the general indications, contraindications, and adverse reactions of prescription and nonprescription antibiotics.
- 21 Identifies the general indications, contraindications, and adverse reactions of anaphylaxis medications.
- 22 Identifies the general adverse reactions of gastrointestinal prescription and nonprescription medications.
- 23 Lists the general indications, contraindications, and adverse reactions of beta-blockers and antihypertensives.
- 24 Recalls the general indications, contraindications, and adverse reactions of prescription and nonprescription topical applications.
- 25 Identifies the usage patterns, general effects, and adverse short- and long-term reactions of performance enhancing drugs.

Affective Domain

- 1 Recognizes that pharmacology applies to the immediate and ongoing care of injury and illness.
- 2 Recognizes the importance of pharmacological concepts in health care.
- 3 Accepts physician (or other qualified health care provider) and pharmacist consultation as a legal, moral, and ethical necessity in the prescription and dispensation of medication.
- 4 Appreciates the use of clinical references such as the PDR and clinical databases to identify medications.
- 5 Accepts the laws and regulations that govern the storage, transportation, and dispensation of all drugs.
- 6 Supports the moral and ethical behavior of athletic trainers in dealing with the issues of drug use and abuse in sports.
- 7 Accepts moral and ethical responsibility for maintaining current knowledge of the medications commonly prescribed to athletes and others involved in physical activity.

- 8 Advocates moral and ethical behavior of self and colleagues in dealing with issues of a pharmacological nature.
- 9 Promotes accountability for moral and ethical decision-making in pharmacological issues.

GENERAL MEDICAL CONDITIONS AND DISABILITIES

Cognitive Domain

- 9 Describes strategies for reducing the frequency and severity of asthma attacks.
- 17 Describes the common conditions that affect the liver, gall bladder, and pancreas (e.g., jaundice, hepatitis, diabetes mellitus, and pancreatitis).
- 18 Explains and recognizes the etiology, signs, symptoms, and management of diabetes mellitus.
- 19 Describes the signs and symptoms of the common disorders of the gastrointestinal tract.
- 20 Lists examples of the common conditions of the urinary tract, kidneys, and bladder (e.g., urinary tract infection (UTI) and kidney stones).
- 34 Identifies the common signs and symptoms of contagious viral diseases.
- 35 Lists the advantages and disadvantages of sports participation by individuals with hepatitis B virus or human immunodeficiency virus (HIV).
- 36 Describes the etiology, signs, symptoms, and management of common viruses (e.g., human papillomavirus, Epstein-Barr virus, and hepatitis B virus).
- 37 Describes where and how to seek appropriate medical assistance on disease control, notification, and epidemic prevention.

Psychomotor Domain

- 4 Recognizes and manages the common disorders of the gastrointestinal tract.
- 5 Recognizes and applies the appropriate treatments for diabetic coma and insulin shock.

NUTRITIONAL ASPECTS

Cognitive Domain

- 12 Paraphrases the prevailing misconceptions regarding the proper use of food, fluids, and nutritional supplements (common food fads and fallacies and strength or weight gain diets).
- 13 Describes the advantages or disadvantages of supplementing nutrients in the athlete's diet.
- 14 Describes the principles, advantages, and disadvantages of the ergogenic aids and dietary supplements used by athletes and others involved in physical activity, in an effort to improve performance.
- 20 Summarizes the proper use of food, fluids, and exercise in weight control to dispel the prevailing misconceptions regarding weight control diet fads and fallacies.

PSYCHOSOCIAL INTERVENTION AND REFERRAL

Cognitive Domain

- 14 Describes commonly abused substances (e.g., alcohol, tobacco, stimulants, nutritional supplements, steroids, marijuana, and narcotics) and their impact on an individual's health and physical performance.
- 15 Recognizes the signs and symptoms of drug abuse and the use of ergogenic aids and other substances.

Affective Domain

- 5 Accepts the moral and ethical responsibility to intervene in situations of suspected or known use and/or abuse of legal and illegal drugs and chemicals.

HEALTH CARE ADMINISTRATION

Cognitive Domain

- 39 Locates and interprets current banned-drug lists that are published by various governing athletic associations (National Collegiate Athletic Association [NCAA], United States Olympic Committee [USOC], International Olympic Committee [IOC], etc).