

**New Paltz Central School District
Health Education
Sports Medicine**

Time	Essential Questions/Content	Skills	Assessments
1 week	<p><u>Unit 1: Introduction</u></p> <ul style="list-style-type: none"> • Why did you choose this class? • What do you expect to know at the end of the course? • How will you use this knowledge? 	<ul style="list-style-type: none"> • Define exercise physiology terms • Identify body planes • Demonstrate all terms 	<ul style="list-style-type: none"> • Partner search • PowerPoint presentation
1 week	<p><u>Unit 2: Skeletal Systems/Articulations (Joints)</u></p> <ul style="list-style-type: none"> • What is the function of the skeletal system? • What are the major components of the skeletal system? • What are the six joint types and what are their functions? • What are articulations? <p>-----</p> <ul style="list-style-type: none"> • Parts of the skeletal system • Parts of bones (discs) • Articulations (joints) • Major injuries: rib fracture, broken nose, dislocation, sprain, strain • Prevention of injuries 	<ul style="list-style-type: none"> • Identify major components of the skeletal system • Identify bones • Identify and name different types of articulations on the body • Identify protective equipment we wear 	<ul style="list-style-type: none"> • Quiz on spinal column • Quiz on bones/spinal column

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1 week	<p><u>Unit 3: Muscles</u></p> <ul style="list-style-type: none"> • What are the major types and descriptions of muscles? • What role do muscles play in fitness, training, prevention of injury and care of injury? • What types of movements are associated with muscles? • Where are certain muscles located? • What are the functions of muscles? <p>-----</p> <ul style="list-style-type: none"> • Muscle types, functions, and locations 	<ul style="list-style-type: none"> • Describe muscle types and identify where they are found 	<ul style="list-style-type: none"> • Muscle identification quiz • Verbal and written assessment
1 week	<p><u>Unit 4: Emergency Preparedness/Emergency Action Plans</u></p> <ul style="list-style-type: none"> • What are the components of an emergency action plan? • What are the components of a 911 call? <p>-----</p> <ul style="list-style-type: none"> • Emergency Action Plan (EAP) • Event preparation • Overall safety for sporting events • Calling 911 • Lightning strikes • Medical kit contents 	<ul style="list-style-type: none"> • Develop a safety plan for athletic activity venues • Know NYS – NYSPHSAA requirements • Develop a chain of command for EAP 	<ul style="list-style-type: none"> • EAP (group project) • Checklist of key materials in First Aid Kit • Pack a Medical Kit

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1 week	<p><u>Unit 5: Body Systems</u></p> <ul style="list-style-type: none"> • What are the major body systems and what are their components and functions? • What roles do each play in fitness and training? <p>-----</p> <ul style="list-style-type: none"> • Skin • Digestive System • Nervous System • Endocrine System 		<ul style="list-style-type: none"> • Body Systems Quiz
1 week	<p><u>Unit 6: Cardio/Respiratory Systems</u></p> <ul style="list-style-type: none"> • What are the major components and functions of the cardiac system? • What are the major components and functions of the respiratory system? • What role do these systems play in training, fitness, and injury prevention? • How do we strengthen our overall cardio/respiratory fitness level? <p>-----</p> <ul style="list-style-type: none"> • Heart anatomy and physiology • Circulatory system function • Respiratory anatomy and physiology 	<ul style="list-style-type: none"> • Take pulse rate • Take respiratory rate 	<ul style="list-style-type: none"> • Heart rate quiz • Heart rate lab chart

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1-2 weeks	<p><u>Unit 7: CPR/First Aid</u></p> <ul style="list-style-type: none"> • What are the major components of CPR? First Aid? • What roles do CPR and First Aid play in athletic training? <p>-----</p> <ul style="list-style-type: none"> • CPR/First Aid • CPR/AED 	<ul style="list-style-type: none"> • Perform CPR • Use an AED 	<ul style="list-style-type: none"> • CPR/First Aid certification exams
2 weeks	<p><u>Unit 8: Taping/Bracing</u></p> <ul style="list-style-type: none"> • What are the major components of taping and bracing? • What are the reasons for taping and/or bracing? • What roles do taping and bracing play in fitness, training, and injury prevention? <p>-----</p> <ul style="list-style-type: none"> • Taping principles • Pre-made – sleeves <ul style="list-style-type: none"> - wraps - air splints 		<ul style="list-style-type: none"> • Demonstration of taping method
1 week	<p><u>Unit 9: Physiology of Exercise</u></p> <ul style="list-style-type: none"> • Fitness components 	<ul style="list-style-type: none"> • Select and use weights properly • Identify exercises as they apply to specific muscle groups 	<ul style="list-style-type: none"> • Develop a training program (6 week plan) that is sports specific • Quiz – Health and skill related requirements of physical fitness