

SPORTS MEDICINE AND REHABILITATION 51.0800.50

Program Description, Industry Credentials, Coherent Sequence, and Teacher Certification

PROGRAM DESCRIPTION

The **Sports Medicine and Rehabilitation** program introduces students to the roles of various disciplines within sports medicine and rehabilitation sciences as well as other allied health professions. Students will be introduced to the analysis of human movement based on anatomical and mechanical principles. Emphasis is placed on the anatomy and physiology of the muscular, skeletal, and nervous systems and their interaction in human movement and athletic performance. They will also learn signs and symptoms of injuries, illnesses, and disorders commonly seen in the physically active population. Students will develop skills in injury prevention, injury and illness assessment, and using appropriate terminology and medical documentation to record injury and illness.

The **Sports Medicine and Rehabilitation** program is designed and delivered as a coherent sequence of school-based and work-based supervised learning. The Professional Skills developed by business and industry leaders across Arizona are integrated throughout the program. The **Sports Medicine and Rehabilitation** students develop leadership, social, civic, and career skills through participation in the Career and Technical Student Organization HOSA (Future Health Professionals).

The **Sports Medicine and Rehabilitation** instructional program prepares students for entry-level employment, further training, and/or post-secondary education for these and other occupations: Personal Trainer, Athletic Trainer Aide, Physical Therapy Aide, Patient Transport Assistant, and Caregiver

INDUSTRY CREDENTIALS

The following credentials have been approved for the A-F CCR and are CTED eligible for the **Sports Medicine and Rehabilitation** instructional program:

- Certified Personal Trainer (CPT)
- Certified Physical Therapy Aide (CPTA)
- Emergency Medical Responder (EMR)
- OSHA 10 – Healthcare

COHERENT SEQUENCE

51.0800.14 - Sports Medicine and Rehabilitation I, **and**

51.0800.50 - Sports Medicine and Rehabilitation II, **and program may elect to add:**

51.0800.55- Sports Medicine and Rehabilitation III, **or**

51.0800.59 - Sports Medicine and Rehabilitation IV, **or**

51.0800.73 - Sports Medicine and Rehabilitation – DCE (Diversified Cooperative Education) **or**

51.0800.78 - Sports Medicine and Rehabilitation – Internship **or**

51.0800.83 - Sports Medicine and Rehabilitation – Cooperative Education

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TEACHER CERTIFICATION REQUIREMENTS

The instructor must be ADE/CTE certified in one of the following Certificates: PCTHC, SCTHC, or SSCTEHC.

Note:

- Sports Medicine and Rehabilitation 51.0800.73 may be a part of the sequence and the teacher must hold a Cooperative Education Endorsement (CEN)
- Sports Medicine and Rehabilitation 51.0800.78 is not required to have a Cooperative Education Endorsement (CEN)
- Sports Medicine and Rehabilitation 51.0800.83 is required to have a Cooperative Education Endorsement (CEN)

CERTIFICATE ABBREVIATIONS

PCTHC Provisional Career and Technical Education Health Careers

SCTHC Standard Career and Technical Education Health Careers

SSCTEHC Standard Specialized Career and Technical Education Health Careers