

2020/2021 Student Competency Record
Sports Medicine I
7660 - 36 weeks, 280 hours

_____	_____
Student	School Year
_____	_____
School	Teacher Signature

Traditional letter or numerical grades do not provide adequate documentation of student achievement in competency-based education; therefore, the Virginia Standards for CBE require a recording system to provide information about competencies achieved to employer, student-employee, and teacher. The Student Competency Record provides a means for keeping track of student progress. Ratings are assigned by the teacher for classroom competency achievement and by the teacher-coordinator in conjunction with the training sponsor when competence is evaluated on the job.

Tasks/competencies designated "Required" are considered essential statewide and are required of all students. In some courses, all tasks/competencies have been identified as required. Tasks/competencies marked "Optional" are considered optional; they and/or additional tasks/competencies may be taught at the discretion of the school division. Tasks/competencies marked with an asterisk (*) are considered sensitive, and teachers should obtain approval by the school division before teaching them. Student competency records should be kept as long as the student is enrolled in the school and for five years after the student graduates/leaves the school.

Note: Students with an Individualized Education Program (IEP) or an Individualized Student Alternative Education Plan (ISAEP) will be rated, using the following scale, only on the competencies identified in their IEP or ISAEP.

Students will be expected to achieve a **satisfactory rating** (one of the three highest marks) on the Student Competency Record (SCR) rating scale on at least 80% of the required (essential) competencies in a CTE course.

...RATING SCALE...

- 1 - Can teach others**
- 2 - Can perform without supervision**
- 3 - Can perform with limited supervision**
- 4 - Can perform with supervision**
- 5 - Cannot perform**

7660 36 weeks, 280 hours	Sports Medicine I TASKS/COMPETENCIES		Date	Rating
	Demonstrating Personal Qualities and Abilities			
Required	1	Demonstrate creativity and innovation.		
Required	2	Demonstrate critical thinking and problem solving.		
Required	3	Demonstrate initiative and self-direction.		
Required	4	Demonstrate integrity.		
Required	5	Demonstrate work ethic.		
	Demonstrating Interpersonal Skills			
Required	6	Demonstrate conflict-resolution skills.		
Required	7	Demonstrate listening and speaking skills.		
Required	8	Demonstrate respect for diversity.		
Required	9	Demonstrate customer service skills.		
Required	10	Collaborate with team members.		
	Demonstrating Professional Competencies			
Required	11	Demonstrate big-picture thinking.		
Required	12	Demonstrate career- and life-management skills.		
Required	13	Demonstrate continuous learning and adaptability.		
Required	14	Manage time and resources.		
Required	15	Demonstrate information-literacy skills.		
Required	16	Demonstrate an understanding of information security.		
Required	17	Maintain working knowledge of current information-technology (IT) systems.		
Required	18	Demonstrate proficiency with technologies, tools, and machines common to a specific occupation.		
Required	19	Apply mathematical skills to job-specific tasks.		
Required	20	Demonstrate professionalism.		
Required	21	Demonstrate reading and writing skills.		
Required	22	Demonstrate workplace safety.		
	Examining All Aspects of an Industry			
Required	23	Examine aspects of planning within an industry/organization.		
Required	24	Examine aspects of management within an industry/organization.		

Required	25	Examine aspects of financial responsibility within an industry/organization.		
Required	26	Examine technical and production skills required of workers within an industry/organization.		
Required	27	Examine principles of technology that underlie an industry/organization.		
Required	28	Examine labor issues related to an industry/organization.		
Required	29	Examine community issues related to an industry/organization.		
Required	30	Examine health, safety, and environmental issues related to an industry/organization.		
Addressing Elements of Student Life				
Required	31	Identify the purposes and goals of the student organization.		
Required	32	Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.		
Required	33	Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.		
Required	34	Identify Internet safety issues and procedures for complying with acceptable use standards.		
Exploring Work-Based Learning				
Required	35	Identify the types of work-based learning (WBL) opportunities.		
Optional	36	Reflect on lessons learned during the WBL experience.		
Required	37	Explore career opportunities related to the WBL experience.		
Optional	38	Participate in a WBL experience, when appropriate.		
Obtaining First Aid and CPR/AED Education				
Required	39	Explain blood-borne pathogens and the importance of universal precautions.		
Required	40	Comply with the clinical site-specific exposure control plan.		
Required	41	Explain the role of OSHA in the sports medicine profession.		
Required	42	Complete a nationally recognized certification for first aid.		
Required	43	Complete a sports first aid module not included in a typical first aid course.		
Required	44	Identify the components of a primary and secondary survey.		
Required	45	Complete a nationally recognized certification in CPR/AED (cardiopulmonary resuscitation/automatic external defibrillator).		

Understanding Human Anatomy and Physiology				
Required	46	Explain the integumentary system.		
Required	47	Explain the musculoskeletal system.		
Required	48	Explain the cardiovascular and circulatory systems.		
Required	49	Explain the respiratory system.		
Required	50	Explain the nervous system.		
Optional	51	Explain the urinary system.		
Optional	52	Explain the female reproductive system.		
Optional	53	Explain the male reproductive system.		
Required	54	Explain the lymphatic and immune systems as they relate to inflammatory response after injury.		
Optional	55	Explain the digestive system.		
Required	56	Explain the endocrine system.		
Optional	57	Explain the sensory system.		
Understanding Nutrition				
Required	58	Explain basics of nutrition.		
Required	59	Explain factors that impact nutrition.		
Required	60	Explain how nutritional needs are impacted by physical activity.		
Required	61	Explain the relationship between nutrition and injury, illness, and health conditions.		
Required	62	Perform a nutritional analysis.		
Required	63	Interpret a nutritional analysis.		
Understanding Biomechanics				
Required	64	Identify lever systems associated with the human body.		
Required	65	Describe the principles associated with the planes and axes of human movement.		
Required	66	Identify how force, mass, and gravity relate to human body mechanics.		
Understanding Medical Terminology				
Required	67	Explain medical terminology commonly used in sports medicine.		
Required	68	Use appropriate medical terminology.		
Required	69	Explain commonly used prefixes and suffixes in medical terminology.		
Understanding Injuries and Illnesses				
Required	70	Explain that a sprain is an injury to a ligament.		

Required	71	Explain that a strain is an injury to a muscle or tendon.		
Required	72	Explain that a fracture is an injury to a bone.		
Required	73	Demonstrate knowledge of basic taping and wrapping techniques for musculoskeletal injuries.		
Required	74	Identify catastrophic injuries.		
Required	75	Identify neurological and brain injuries and conditions.		
Required	76	Identify infectious and contagious diseases related to physical activity.		
Required	77	Identify other health conditions that affect participation in physical activity.		
Required	78	Explain common psychological responses to injury.		
Understanding Legal and Ethical Issues in Sports Medicine				
Required	79	Distinguish among misfeasance, malfeasance, nonfeasance, and acts of commission/omission.		
Required	80	Explain the legal and ethical significance of documentation and record-keeping in sports medicine.		
Required	81	Explain the purpose and importance of medical documentation.		
Required	82	Document the history of an injury.		
Required	83	Explain the legal and ethical significance of confidentiality in sports medicine.		
Required	84	Identify the legal practice limitations of student aides vs. paraprofessionals vs. professionals in sports medicine.		
Required	85	Identify the necessity of client/patient referral to other healthcare professionals and practitioners.		
Required	86	Explain the implications that Americans with Disabilities Act (ADA) and cultural competence have within the field of sports medicine.		
Optional	87	Demonstrate ethical behavior within the sports medicine profession.		
Exploring Sports Medicine Careers				
Required	88	Explain the continuing education requirements in various sports medicine professions.		
Required	89	Identify organizations relevant to sports medicine professions.		
Required	90	Identify credentials recognized in the sports medicine profession.		
Locally Developed Tasks/Competencies				

