

MODULE CMH3130: SPORTS FIRST AID 2**Level:** Advanced**Theme:** Injury Prevention**Prerequisite:** CMH2130 Sports First Aid 1**Module Description:** Students focus on the application of knowledge, skills and techniques to enhance athletic performance, and identify common athletic injuries, therapeutic solutions and rehabilitation strategies.**Module Parameters:** No specialized equipment or facilities.**Supporting Module:** A project module from Career Transitions will enhance student learning in this area.**Curriculum and Assessment Standards**

| Module Learner Expectations | Assessment Criteria and Conditions | Suggested Emphasis |
|---|---|--------------------|
| <p><i>The student will:</i></p> <ul style="list-style-type: none"> demonstrate management of resources and activities of an athletic first-aider | <p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> practical activities that develop skills and enhance safety and well-being including: <ul style="list-style-type: none"> assisting in the maintenance and repair of equipment maintaining first-aid supplies assisting in the maintenance of the training facility assisting in the promotion of the athlete's safe behaviour assisting in warm-up and cool-down stretching activities. <p><i>Assessment Tool</i> <i>CMH3130-1: Sports First Aid Management Tasks</i></p> <p><i>Standard</i> <i>Performance rating of 3 on the rating scale for each task</i></p> | 30 |
| <ul style="list-style-type: none"> describe activities that enhance athletic performance | <ul style="list-style-type: none"> describing and/or demonstrating a minimum of two topics that enhance athletic performance. <p><i>Assessment Tool</i> <i>CMH3130-2: Presentations/Reports: Enhancing Athletic Performance</i></p> <p><i>Standard</i> <i>Performance rating of 3 on the rating scale</i></p> | 20 |

MODULE CMH3130: SPORTS FIRST AID 2 (continued)

| Module Learner Expectations | Assessment Criteria and Conditions | Suggested Emphasis |
|--|---|------------------------------|
| <p><i>The student will:</i></p> <ul style="list-style-type: none"> identify situations that precipitate common athletic injuries, and recommend preventive and therapeutic solutions and rehabilitation | <p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> describing for a minimum of two specific sports: <ul style="list-style-type: none"> situations that precipitate common injuries in each sport a minimum of two common injuries (assessment and referral) recommended preventive solutions recommended therapeutic solutions recommended rehabilitative measures how athletic injuries can affect an individual throughout the lifespan. <p><i>Assessment Tool</i> <i>CMH3130-3: Research Process: Sports Injuries</i></p> <p><i>Standard</i> <i>A performance rating of 3 on the rating scale</i></p> <ul style="list-style-type: none"> practical activities in which the student demonstrates appropriate first-aid and taping skills for common injuries of the specified sports. <p><i>Assessment Tool</i> <i>CMHSFASA: Sports First Aid Skills Assessment: Sports First Aid 2</i></p> <p><i>Standard</i> <i>A performance rating of 3 on the rating scale for each skill</i></p> | <p>40</p> |
| <ul style="list-style-type: none"> identify career opportunities in sports first aid | <ul style="list-style-type: none"> completion of three career profiles on careers associated with athletic first aid including: <ul style="list-style-type: none"> personal characteristics education qualifications duties, working conditions employment/entrepreneurial opportunities advancement potential salary range and benefits. <p><i>Assessment Tool</i> <i>CMH-CAR: Career Profile</i></p> <p><i>Standard</i> <i>Three career profiles; all sections completed for each profile</i></p> | <p>10</p> |
| <ul style="list-style-type: none"> demonstrate basic competencies. | <ul style="list-style-type: none"> observation of individual effort and interpersonal interaction during the learning process. <p><i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p> | <p>Integrated throughout</p> |

MODULE CMH3130: SPORTS FIRST AID 2 (continued)

| Concept | Specific Learner Expectations | Notes |
|-------------------------|--|--|
| Health/Safety Promotion | <p><i>The student should:</i></p> <ul style="list-style-type: none"> • identify skills that enhance the safety and well-being of the athlete: <ul style="list-style-type: none"> – maintain and repair sports equipment – maintain first aid supplies – maintain a clean, organized training facility – safe behaviour of athletes • describe the rationale for maintaining health records and injury report forms • identify the benefits of activities that may prevent injuries to athletes: <ul style="list-style-type: none"> – warm-up – cool-down – proper stretching techniques • list indicators to determine when injured athletes are ready to return to full activity • describe factors that assist the athlete to reach peak performance: <ul style="list-style-type: none"> – training for peak performance – fueling the athlete’s body (nutrition) – conducting basic fitness testing – perform basic stress tests (lung capacity, recovery capacity) – sports psychology • describe how athletic injuries can affect the athlete throughout the lifespan. | <p>Improper use of equipment, horseplay, etc.</p> <p>Foods module FOD2020 Nutrition and the Athlete. See Community resources – fitness centres.</p> <p>Retired athlete, local guest speaker.</p> |

MODULE CMH3130: SPORTS FIRST AID 2 (continued)

| Concept | Specific Learner Expectations | Notes |
|--|--|---|
| <p>Observation, Assessment and Application</p> | <p><i>The student should:</i></p> <ul style="list-style-type: none"> • identify the causes and effects of common injuries in school or community sports: <ul style="list-style-type: none"> – discuss preventive measures • identify factors to consider in injury assessment and distinguish how those factors can help differentiate between minor injuries and when referral is necessary • demonstrate appropriate first-aid and taping skills for specific injuries • describe advanced therapeutic and rehabilitative modalities carried out by trained professionals. | <p>Visit to physiotherapy/ sports medicine clinics.</p> |
| <p>Career Exploration</p> | <ul style="list-style-type: none"> • research and evaluate career opportunities for students interested in a career in sports medicine including: <ul style="list-style-type: none"> – duties, working conditions – education qualifications – employment/entrepreneurial opportunities – advancement potential – salary range and benefits – personal characteristics. | |