

Spanish Fork High School 2014-15
Unit Topics and I Can Statements
Exercise Science/Sports Medicine

- ❖ I can identify different health care careers.
- ❖ I can apply medical terminology in my communication with medical professionals.
- ❖ I can explore ways to prevent athletic injuries including taping and bracing techniques.
- ❖ I can apply aspects of sports nutrition to my eating habits and recognize disordered eating patterns.
- ❖ I can describe the inflammatory and healing processes that take place in the body following injury.
- ❖ I can recognize common sports injuries of the lower and upper extremities. I will be able to administer appropriate injury management skills for each injury.
- ❖ I can explain therapeutic modalities and rehabilitation techniques for common athletic injuries.
- ❖ I can describe psychological intervention skills in sports psychology.