



JC Schools Athletic Training & Nutrition Yearly Standards

Units	Priority Standards	Supporting Standards
Unit 1 Professional Aspects of Athletic Training, Basics of Anatomy & Physiology 11 days	9-12.PA.2.E Investigate and cite career opportunities available as related to physical education (e.g., panel, research paper) 9-12.HM.1.D Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep – bicep curl)	9-12.FS.1.B Investigate disorders, their treatment, and prevention techniques to maintain a healthy muscular system (e.g., muscular dystrophy, muscle cramps, tendonitis, muscle strains)
Unit 2 Nutrition	9-12.ME.2.A.1 1. Assess key nutrients and their specific functions and influences on body processes (e.g., disease prevention) 9-12.ME.2.E Design a nutritional plan and fitness program based on the relationship between food intake and activity level with regard to weight management and healthy living (e.g., caloric intake, calorie expenditure, weight gain, weight maintenance, and safe weight loss)	9-12.ME.2.B.3 3. Analyze food choices and discuss how it should be used to develop a proper diet 9-12.RA.3.A Assess the short and long-term effects that performance enhancing aids have on the body processes (e.g., liver damage, heart failure, brain aneurysm, anger, “road rage,” acne, violence, memory loss, hepatitis, HIV) and on individuals and society (e.g., body image, obsession with winning, violent behavior, black market/illegal purchases)
Unit 3 Sports Trauma &	9-12.ATN.LO.02 Identify and Examine steps in the healing process of bone and soft tissue	9-12.ATN.LO.01 Identify the inflammation process associated with trauma/injuries

Pharmacology	<p>9-12.HM.3.A.2 Investigate and predict potential exercise-related injuries and medical conditions that could occur during a variety of physical activities</p> <p>9-12.RA.1.C.1 Formulate and support an interpretation regarding the reoccurrence of resistant strains of pathogens (e.g., strep, herpes, mononucleosis, gonorrhea, Chlamydia, HIV, Staph Infection)</p>	<p>9-12.ATN.LO.03 Compare and contrast acute and chronic response to injury</p> <p>9-12.RA.2.D List the common weather related emergencies and describe prevention and treatment techniques</p> <p>9-12.RA.1.C.2 Use the scientific process of laboratory investigation to test hypotheses on pathogen transmission (e.g., hand sanitizers, Germglow, disinfectants)</p>
<p>Unit 4</p> <p>On-the Field/Off Field Injury Evaluations</p>	<p>9-12.HM.3.B Differentiate between life threatening and non-life threatening injuries and select the appropriate level of treatment (e.g., basic first aid, CPR, calling 911)</p> <p>9-12.RA.2.B Identify, from a given list, those situations that are life threatening and perform basic life saving maneuvers (e.g., CPR, abdominal thrust, bleeding control, shock, burns, asthma, bee stings, snake bites, poisoning)</p> <p>9-12.RA.2.C.1 1. Recognize activity related conditions (e.g., bleeding, shock, asthma, low blood sugar, diabetes, dehydration) and perform appropriate first aid procedures and practices for each</p> <p>9-12.ATN.LO.03 Compare and contrast acute and chronic response to injury</p>	<p>9-12.FS.1.A Investigate disorders, their treatments, and prevention techniques to maintain a healthy sensory system (e.g., hearing loss, glaucoma, near and farsightedness, halitosis, numbness, tingling)</p> <p>9-12.FS.1.B Investigate disorders, their treatment, and prevention techniques to maintain a healthy muscular system (e.g., muscular dystrophy, muscle cramps, tendonitis, muscle strains)</p> <p>9-12.ATN.LO.01 Identify the inflammation process associated with trauma/injuries</p> <p>9-12.FS.1.C Investigate disorders, their treatment, and prevention techniques to maintain a healthy skeletal system (e.g., osteoporosis, arthritis, sprain, scoliosis)</p> <p>9-12.FS.1.E Investigate disorders, their treatments, and prevention techniques to maintain a healthy cardiorespiratory system (e.g., high blood pressure, anemia, hemophilia, sickle cell, asthma, allergies, bronchitis, pneumonia)</p>

		<p>9-12.FS.1.G Investigate disorders, their treatment, and prevention techniques to maintain a healthy nervous system (e.g., mental disorders, spinal cord injuries, cerebral palsy, meningitis, chemical imbalances, hives, shingles, multiple sclerosis, Parkinson's, epilepsy)</p> <p>9-12.HM.3.A.1,2 1. IDENTIFY the relationship between warm up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries</p> <p>2. INVESTIGATE and PREDICT potential exercise-related injuries and medical conditions that could occur during a variety of physical activities</p>
<p>Unit 5</p> <p>Taping, Bracing, & Environmental Considerations</p>	<p>9-12.FS.1.B Investigate disorders, their treatment, and prevention techniques to maintain a healthy muscular system (e.g., muscular dystrophy, muscle cramps, tendonitis, muscle strains)</p> <p>9-12.RA.2.D List the common weather related emergencies and describe prevention and treatment techniques</p>	<p>9-12.FS.1.A Investigate disorders, their treatments, and prevention techniques to maintain a healthy sensory system (e.g., hearing loss, glaucoma, near and farsightedness, halitosis, numbness, tingling)</p> <p>9-12.FS.1.C Investigate disorders, their treatment, and prevention techniques to maintain a healthy skeletal system (e.g., osteoporosis, arthritis, sprain, scoliosis)</p> <p>9-12.RA.2.C.2 2. Recognize weather related emergencies (e.g., dehydration, asthma, heat exhaustion, heat stroke, hypothermia, frostbite) and perform appropriate first aid procedures and practices</p>
<p>Unit 6</p> <p>Therapeutic Modalities &</p>	<p>9-12.HM.1.D Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep - bicep curl)</p>	<p>9-12.ME.1.B Discuss the concept of preventive care and its importance in maintaining and improving health.</p> <p>9-12.ME.1.D.1,2</p>

Exercises		<p>1. Analyze factors (e.g., time, cost, accessibility) and benefits (physical and psychological) related to regular participation in physical activity</p> <p>2. Analyze present fitness levels to create a personal fitness plan which meets current and future needs necessary for the maintenance of total fitness</p>
Unit 7 Treatment of Upper & Lower Extremity Injuries,	<p>9-12.FS.1.B Investigate disorders, their treatment, and prevention techniques to maintain a healthy muscular system (e.g., muscular dystrophy, muscle cramps, tendonitis, muscle strains)</p> <p>9-12.FS.1.C Investigate disorders, their treatment, and prevention techniques to maintain a healthy skeletal system (e.g., osteoporosis, arthritis, sprain, scoliosis)</p>	<p>9-12.HM.1.C Design a personal fitness plan utilizing the FITT (frequency, intensity, time, type) principle and the principles of overload, progression, and specificity that contributes to an active healthy lifestyle (American College of Sport Medicine guidelines) Differentiate between how oxygen is utilized aerobically and anaerobically</p> <p>9-12.HM.1.D Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep - bicep curl)</p>