

# Athletic Training Challenge Curriculum Guide

## Ankle/Foot/Lower Leg

- Bones: type and names
- Muscles
- Ligaments
- Arches
- ROM
- Stress Tests
- Joints
- Injuries
- Movements

## Knee/Thigh

- Bones: types and names
- Muscles
- Ligaments
- Meniscus
- Joints
- bursa
- Stress tests
- Injuries
- Movements

## Hip

- Bones: types and names
- Joints
- Muscles
- Injuries
- Stress tests

## Shoulder

- Bones: types and names
- Muscles
- Joints
- Ligaments
- Movements/ROM
- Brachial Plexus
- Labrum
- Injuries
- Bursa
- Stress tests

## Hand/elbow

- Bones: name and types
- Muscles
- Joints
- Movements
- Stress tests
- Injuries

## Skeleton

- 206 bones
- Joint types: (example saddle vs. ball and socket)
- Landmarks
- Bone types- know all bone types

## Head/facial

- Cranial Nerves: know names and functions
- Bones: names and types
- Meningies (middle meningeal artery) layers
- Injuries
- Brain- lobes and functions
- Layers of protection for brain: hair scalp, etc

## Abdomen/thorax

- Bones (ribs and spine)
- Organs-functions and placement
- Injuries
- Muscles

## ER care

- Primary survey- three C's
- Secondary survey
- CPR
- AED
- Back blows and abdominal thrusts
- Wound treatment
- SxS of fractures, concussions, internal hemorrhaging
- SxS of shock, treatment of shock
- Vitals signs: what are they and how to check?

## Environmental

- Hypothermia/hyperthermia-prevention/SxS/Tx
- Lightning strikes
- Heat exhaustion/stroke, cramps

## General

- Laws- tort liability
- Vocabulary
- Roles
- Anatomical terms
- Planes of the body

- OSHA- dealing with biohazard waste and blood borne pathogens

### **Treatment**

- Wound care/FA
- Splinting/SAM/Finger
- Crutches
- Indications vs. contraindications
- Modalities: whirlpool, ice, heat, etc.

### **Nutrition**

- Carbs
- Fats
- Proteins
- Calories
- Proper food intake
- Eating disorders
- Water/electrolytes

### **Taping**

- Lower leg
- Ankle
- Arches
- Patellar tendonitis
- Wrist
- Wrist hand thumb
- Thumb spica
- Buddy taping

### **Wrapping**

- Ankle
- Lower Leg
- Knee
- Hip
- Hand & wrist
- Elbow
- Shoulder