

CHAPTER 1

Careers in Sports Medicine and Athletic Training

ASSIGNMENT SHEET

Grade _____ Name _____

INTRODUCTION

You may follow any of a variety of pathways with the information you acquire in this text. After reading this chapter you will be able to understand which profession is best for you.

COMPLETION

1. What are the two careers listed in Chapter 1 that might interest you?
 - a. _____
 - b. _____
2. What additional career possibilities could you establish based on the information in this book? Circle them in the following list.
 - sales of health care supplies and services
 - family physician
 - orthopedic surgeon
 - strength and conditioning specialist
 - schoolteacher
 - nutritionist
 - physical therapy aide
 - certified athletic trainer
 - coach
 - physical therapist
 - personal trainer
 - sports medicine administrator

2 Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction

- chiropractor
- chiropractic aide
- first aid provider
- physician assistant
- physical therapy assistant
- entrepreneur in the health care industry
- retail sales of sporting goods
- retail sales in a health care supply store
- strength coach
- health club sales and marketing

3. What type of person would be good in fields related to sports medicine?

a. The individual would have these traits:

b. Which of these characteristics/traits do you have? For the other traits (the ones you don't have), write next to the traits, below, how you expect to deal with not having them.

4. What are the colleges that you might go to? What is the cost of going to college? How will you fund your college experience?

5. What will be the work schedule for the profession you chose? For example, an athletic trainer in a high school setting will be working events at night.

6. What is the salary you can expect to be paid in the profession you chose?

7. Will you have to pursue a teaching credential if you are going to be an athletic trainer in your area? If so, what might you teach? If not and you're going to go into physical therapy or another health care field, how will you get experiences, before you apply for school, in any field that you want to peruse? *Most school will want you to have some experiences before you can even apply.*

8. Write your story about how you will get from here to your perfect job. Don't leave out any steps. Example: *I would like to work at Jim's Gym on the corner of 14th and Magnolia. To do that I will have to finish this course, get some letters of recommendation, fill out a job application, sit for an interview, understand the pay, and enjoy the hours I will be working.*

MATCHING

Match each of the following items to the correct statement or sentence on the right.

- | | |
|---|---|
| _____ 1. A branch of medicine that deals with the prevention and treatment of sports injuries | a. Physical fitness program |
| _____ 2. A discipline for someone who works in sports medicine | b. Good listening skills |
| _____ 3. The person who combines knowledge and hands-on skill to increase athletes' safety | c. Sports medicine |
| _____ 4. The use of heat, cold, or electrical stimulation to increase or decrease blood flow | d. Nutrition |
| _____ 5. BOC | e. Certified athletic trainer |
| _____ 6. A division of the sports medicine team that evaluates existing fitness levels | f. Therapeutic modality |
| _____ 7. A characteristic needed for a position in sports medicine | g. Certifying organization for the athletic trainer |
| _____ 8. NSCA | h. Compassion |
| _____ 9. Sensitivity | i. Strength and conditioning specialist |
| _____ 10. Exercises designed to prepare an individual to become fit | j. National Strength and Conditioning Association |

TRUE/FALSE

- _____ 1. Sports medicine is the study of the inactive population.
- _____ 2. The certified athletic trainer is not a part of the sports medicine team.

- _____ 3. Therapeutic modalities are the use of heat or cold to increase or decrease blood flow.
- _____ 4. Fitness instructors help individuals improve their health.
- _____ 5. Communication skills are needed when dealing with athletes in pain.
- _____ 6. If you are going to tell someone to be fit, it helps if you are fit also.
- _____ 7. Leadership skills are for other people, not for those in sports medicine.
- _____ 8. Listening to athletes is very important in sports medicine.
- _____ 9. Once you pass this class, your education in sports medicine is complete.
- _____ 10. Your positive attitude will help improve athletes' attitudes.

SHORT ANSWER

1. What are some of the classes you will need to take to get into the field of sports medicine?

2. What fields of sports medicine interest you the most, and why?

3. What would you have to do to become a certified athletic trainer?

4. It is your first day on the job as a volunteer or intern athletic trainer at a local high school. What can you do right away to help the athletic trainer who is there and start off with a great impression?

Legal Considerations and Administration

ASSIGNMENT SHEET

Grade _____ Name _____

INTRODUCTION

In becoming a professional in any vocation, you take on specific legal and ethical responsibilities. The reality of becoming an athletic trainer, personal trainer, physical therapist, or professional in any related field is that most of what you do will be performed in a public area where many bystanders will have a view of (and opinion about) what you are doing. Because of this, you can be more susceptible to legal action. Remember that most lawsuits are initiated because of desire for financial gain, because of improper follow-through, or because someone was angered.

One of the ways to prevent lawsuits is to prepare written guidelines before you initiate care or establish an exercise program. Remember that you are venturing into areas that can produce injuries. Your job, as a professional, is to ensure that the best treatment and follow-through is available. To do this, you must be prepared with the proper education, supplies, and equipment in case an injury does occur. With the need for proper supplies and equipment, in most case there will be financial restraints that you will have to abide by, while providing the highest level of care possible.

COMPLETION/SHORT ANSWER

1. You are putting together a sports medicine team. Who might be some of the people involved? What would be their duties? Name each person and the duties the person would perform.

Person	Duties
a.	
b.	
c.	

d.	
e.	
f.	

2. What are the rules for scholastic eligibility for athletes at your school? Do you agree with them? If not, how would you change them?

3. Why is a written code of ethics important? Where will you get the code of ethics?

4. The legal responsibility for any loss or damage that occurs as a result of one or more person's action or inaction is called

5. A private or civil wrong against another person or that person's property is called

6. The failure to give reasonable care or to do what another prudent person with similar experience, knowledge, and background would have done under the same or similar circumstances is called

7. Risk management involves

8. What is a primary risk?

9. What is a secondary risk?

10. Fill in the second column below. The first letter of each word in the answers (SAFE) is in the first column.

S		Someone must be present to provide this from the locker room to the practice or event
A		Provide proper assistance when the athlete needs it
F		Must be checked daily for hazards
E		Must be checked daily for proper maintenance

11. Name three reasons a person might file a lawsuit.

- a. _____
- b. _____
- c. _____

12. Name and describe eight ways to make sports safer for athletes—and prevent lawsuits.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____

13. How many attorneys are in your local area? Are there any local attorneys who specialize in fields relevant to sports medicine (concussions, sports, etc.)?

14. Take a look at the forms the student athletes and their parents or guardians have to sign for your school. What is good about them? What could be used for some improvement? Consider things like language and readability. Is there a better way to present this information to the students and parents/guardians? If so, what improvements could be made? Consider Internet-accessible forms, mobile apps, public meetings, and videos, for example.

15. Research three lawsuits involving sports and write about what could have been changed in each situation to prevent a lawsuit.

of those that

MATCHING

Match each of the following items to the correct statement or sentence on the right.

- | | |
|---------------------------------|--|
| ___ 1. Risk management | a. Morals; a set of principles or values that influence behavior |
| ___ 2. Negligence | b. Professional misconduct or lack of professional skill that results in injury to a patient |
| ___ 3. Standard of care | c. Private or civil wrong against another person or his or her property |
| ___ 4. Ethics | d. Degree of care, skill, and diligence ordinarily exercised by other caregivers under the same or similar circumstances |
| ___ 5. Litigation | e. Reduction of the potential for injury |
| ___ 6. Tort | f. The patient has the right to considerate and respectful care |
| ___ 7. Battery | g. Failure to give reasonable care |
| ___ 8. Malpractice | h. Sexual harassment |
| ___ 9. Patient's Bill of Rights | i. Unlawful touching of an individual without consent |
| ___ 10. A reason for litigation | j. Group of diverse individuals brought together to identify athletes' safety concerns |
| ___ 11. Safety committee | k. A lawsuit |

TRUE/FALSE

- ___ 1. The patient does not have the right to know what hospital rules and regulations apply to his or her conduct as a patient.
- ___ 2. The patient has the right to obtain from the physician complete and current information about his or her diagnosis.
- ___ 3. The patient has the right to expect that all communication and records pertaining to his or her care are treated as confidential.
- ___ 4. The patient does not have the right to say no to being part of a research project.
- ___ 5. The patient has the right to obtain information about the existence of any professional relationships among individuals who are treating him or her.

WORD SEARCH

Find and circle the words related to ethical and legal issues.

S	C	I	H	T	E	F	O	E	D	O	C	Q	S	A
B	A	T	O	R	T	H	B	Q	W	E	B	T	J	D
J	O	F	Z	M	C	V	Y	W	C	D	A	N	K	M
T	L	D	E	A	Q	H	D	N	T	N	T	O	S	I
E	L	I	O	T	B	K	E	P	D	G	T	I	C	N
W	C	C	A	T	Y	G	N	A	W	D	E	T	I	I
T	K	I	W	B	I	C	R	D	C	J	R	A	H	S
S	U	A	T	L	I	D	O	O	U	E	Y	G	T	T
E	Q	K	G	C	O	L	N	M	J	T	Q	I	E	R
Y	G	E	I	F	A	D	I	E	M	Y	Y	T	C	A
X	N	A	C	M	U	R	C	T	V	I	N	L	P	T
B	A	A	M	C	A	F	P	C	Y	R	T	L	X	I
F	R	I	T	A	E	T	E	L	H	T	A	T	H	O
E	I	L	O	G	D	R	Z	K	A	Q	G	J	E	N
M	A	N	A	G	E	M	E	N	T	M	L	H	D	E

administration

athlete

battery

coach

code of ethics

conduct

damage

duty

ethics

liability

litigation

malpractice

management

negligence

safety committee

standard of care

tort