

Sports Therapy Sciences



Program / Hours: CIP 51.2604 – 2 Year Half Day Program

Course Description: A program that prepares individuals to assist in rehabilitation services under the supervision of physical therapists, occupational therapists, and other therapeutic professionals, and to perform routine functions in support of rehabilitation. Includes instruction in roles and responsibilities of rehabilitation providers, basic function of the human body, disabling conditions, therapeutic skills, client management, and communication skills

Learning Activities / Modes of Assessment:

- Small Group
- Large Group
- Independent Work
- One-on-One
- Classwork Activities
- Presentations
- Research Projects
- Research Papers
- Technology Use
- Tests and Quizzes

Individual Resources:

- Textbooks
- Workbooks
- Online Resources
- PowerPoint Presentations
- Computer Applications
- Proprietary Sports Therapy Sciences Software
- Sports Therapy Sciences Equipment and Tools
- Sports Therapy Sciences Lab Simulations

Year / MP	Task #	K - Know	U - Understand	D - Do
Year 1 - MP 1	101	Comply with school and health care/fitness facility partner rules and regulations.	Understand the importance of following institutional and partner facility rules for safety and professionalism.	Demonstrate compliance by following all posted rules during lab and clinical experiences.
Year 1 - MP 1	102	Comply with course objectives, expectations, and grading procedures.	Understand how course objectives and grading procedures guide learning and assessment.	Track progress and meet course expectations as outlined in the syllabus.
Year 1 - MP 3	103	Apply interpersonal conflict management skills.	Understand the principles and strategies for resolving interpersonal conflicts in a professional setting.	Role-play conflict resolution scenarios with peers.
Year 1 - MP 1	104	Utilize safety and emergency procedures and report emergencies immediately.	Understand the steps and rationale behind safety and emergency protocols.	Demonstrate correct emergency response procedures in simulated scenarios.
Year 1 - MP 2	105	Outline and practice professional standards for health professionals	Understand the ethical and professional standards required in health care settings.	Exhibit professional behavior in all classroom and clinical interactions.
Year 1 - MP 1	106	Investigate fitness and health care careers by: describing historical foundations, comparing and contrasting scopes of practice, describing educational/licensure requirements and analyzing different occupational opportunities.	Understand the diversity and requirements of careers in fitness and health care.	Research and present findings on selected health care careers.
Year 2 - MP 3	107	Use medical/fitness equipment.	Understand the function and safe use of medical/fitness equipment.	Demonstrate proper use of equipment during lab activities.
Year 2 - MP 4	108	Use proper body mechanics for personal and patient/client safety.	Understand how body mechanics prevent injury and promote safety.	Apply correct body mechanics during lifting and transferring activities.
Year 1 - MP 1	109	Identify and follow the “chain of command” in organizational structures	Understand how organizational hierarchy supports communication, accountability, and safe client care.	Demonstrate appropriate communication by reporting to the correct supervisor in simulated scenarios.
Year 1 - MP 2	110	Follow OSHA standards and the Centers for Disease Control (CDC) standard precautions, workers’ compensation, and/or Medicare	Understand the role of regulatory agencies and standards in ensuring workplace safety and legal compliance.	Apply OSHA and CDC guidelines in lab activities and analyze compliance in case scenarios.
Year 1 - MP 1	111	Follow the professional dress code and essence of good grooming	Understand how professional appearance	Demonstrate appropriate dress and grooming

			impacts safety, hygiene, and client trust.	standards during all lab and clinical simulations.
Year 2 - MP 4	112	Communicate in a professional manner according to the client's stage of development and cultural background	Understand how communication strategies must be adapted to developmental levels and cultural diversity.	Role-play client interactions using developmentally and culturally appropriate communication techniques.
Year 2 - MP 4	113	Employ productive relationships with a range of stakeholders (clients, coworkers and external counterparts) who represent a WI	Understand the importance of collaboration and professionalism when interacting with clients, coworkers, and partners.	Demonstrate teamwork and professional interaction in group activities and simulated workplace settings.
Year 1 - MP 3	114	Demonstrate and practice active listening skills to obtain and clarify information	Understand how active listening improves accuracy, trust, and client outcomes.	Participate in role-play scenarios demonstrating clarification, paraphrasing, and questioning techniques.
Year 1 - MP 3	115	Describe and recognize discrimination and harassment (bullying)	Understand the impact of discrimination and harassment on individuals and workplace environments.	Identify inappropriate behaviors in case studies and propose appropriate reporting and intervention strategies.
Year 2 - MP 4	116	Exercise positive leadership by encouraging, persuading, or otherwise motivating individual coworkers or groups	Understand how leadership behaviors influence team performance and workplace culture.	Demonstrate leadership by guiding peers, motivating group members, and facilitating group tasks.
Year 1 - MP 3	201	Maintain the confidentiality of records/information as required by HIPAA/FERPA.	Understand the legal and ethical importance of confidentiality in health care.	Protect client information and follow confidentiality protocols in all documentation.
Year 1 - MP #	202	Implement the components of informed consent.	Understand the process and significance of informed consent in health care.	Obtain and document informed consent in simulated client interactions.
Year 1 - MP #	203	Identify the legal importance of accurate record keeping to the benefit of all parties.	Understand how accurate records protect clients and providers legally.	Maintain thorough and accurate records in all assignments.
Year 1 - MP #	204	Define legal concepts of professional practice (liability, negligence, supervision, standard of care, assumption of risk, etc.)	Understand how these legal concepts apply to health care practices.	Analyze case studies for legal issues and discuss appropriate actions.

Year 1 - MP #	205	Analyze legal considerations and ethical actions.	Understand the relationship between legal requirements and ethical decision-making.	Evaluate scenarios for ethical and legal compliance.
Year 2 - MP 3	206	Promote the client's right to make personal choices to accommodate individual needs	Understand patient autonomy and the ethical responsibility to respect client choices.	Demonstrate respect for client decisions in simulated care scenarios while maintaining safety.
Year # - MP #	207	Identify and apply legal responsibilities of the health care professional	Understand how legal responsibilities guide safe, ethical, and professional practice.	Analyze case studies and apply appropriate legal actions in simulated scenarios.
Year # - MP #	208	Identify and demonstrate ethical characteristics and behaviors.	Understand core ethical principles such as integrity, accountability, and confidentiality.	Demonstrate ethical behavior during lab activities and justify decisions in scenario-based discussions.
Year # - MP #	209	Differentiate between productive and questionable ethical practices that might arise.	Understand how to evaluate ethical dilemmas and recognize inappropriate professional conduct.	Evaluate scenarios and determine whether actions align with ethical standards, providing justification.
Year 1 - MP #	301	Identify the components of a Risk Management/Emergency Action Plan (EAP).	Understand the purpose and structure of an Emergency Action Plan.	Develop and present an Emergency Action Plan for a simulated scenario.
Year 1 - MP #	302	Identify signs and symptoms, prevention, and treatment of weather-related illnesses.	Understand how weather impacts health and how to prevent and treat related illnesses.	Assess and respond to simulated cases of weather-related illness.
Year 1 - MP #	303	Perform cardiopulmonary resuscitation (CPR), automated external defibrillator (AED), and Basic First Aid skills.	Understand the principles and procedures of CPR, AED, and First Aid.	Demonstrate CPR, AED, and First Aid techniques in lab settings.
Year 1 - MP #	304	Identify signs and symptoms, prevention and treatment of head injuries/traumatic brain injuries (TBI's).	Understand the risks, signs, and management of head injuries.	Assess and respond to simulated head injury scenarios.
Year 1 - MP #	305	Identify signs and symptoms, prevention, and treatment of acute traumatic spine injuries.	Understand the risks, signs, and management of spine injuries.	Assess and respond to simulated spine injury scenarios.
Year 1 - MP 2	306	Identify common causes of cardiorespiratory complications.	Understand the factors leading to cardiorespiratory complications.	Identify and discuss cardiorespiratory risks in case studies.
Year 1 - MP #	307	Identify emergency management techniques for neuromusculoskeletal conditions.	Understand emergency management strategies for neuromusculoskeletal injuries.	Demonstrate emergency management techniques in lab simulations.

Year 1 - MP 2	308	Apply protect, rest, ice, compress and elevate (PRICE) principles.	Understand the rationale and application of the PRICE principle.	Demonstrate the PRICE principle in simulated injury scenarios.
Year 1 - MP 1	309	Clean and disinfect objects and surfaces to prevent disease transmission.	Understand the importance of infection control in health care settings.	Demonstrate cleaning and disinfecting procedures in lab activities.
Year 1 - MP 1	310	Perform hand washing.	Understand the steps and importance of proper hand hygiene.	Demonstrate the correct hand-washing technique in lab settings.
Year 1 - MP 2	311	Identify blood-borne pathogens and comply with OSHA standards.	Understand the risks and prevention of blood-borne pathogen transmission.	Demonstrate compliance with OSHA standards in simulated scenarios.
Year 1 - MP 2	312	Utilize personal protective equipment (PPE).	Understand the role and correct use of PPE in health care.	Demonstrate proper use of PPE during lab and clinical activities.
Year 1 - MP 2	313	Identify signs, symptoms, and treatment for bleeding control (Stop the Bleed).	Understand the principles of hemorrhage control and the importance of rapid intervention.	Demonstrate bleeding control techniques including direct pressure, dressings, and tourniquet application.
Year # - MP #	401	Identify types of bracing/splinting devices and techniques.	Understand the indications and applications of bracing/splinting.	Demonstrate bracing and splinting techniques in lab settings.
Year 1 - MP #	402	Apply taping and wrapping techniques.	Understand criteria for selecting taping, bracing, and wrapping methods.	Demonstrate taping, bracing, and wrapping techniques in lab activities.
Year # - MP #	403	Utilize patient/client safety measures.	Understand the importance of safety measures in patient/client care.	Apply safety measures during simulated client interactions.
Year 2 - MP 4	404	Adapt therapeutic techniques to the needs of each patient/client.	Understand how to modify care for diverse populations.	Demonstrate adapted strategies for special populations in case studies.
Year 2 - MP 4	405	Describe the growing field of ergonomics.	Understand how ergonomics improves safety, efficiency, and injury prevention in work and daily environments.	Assess a workspace or activity and recommend ergonomic modifications to reduce injury risk.
Year 1 - MP 2	501	Compose HOPS (history/observation/palpation/special tests) and SOAP (subjective/objective/assessment/plan) notes.	Understand the structure and purpose of HOPS and SOAP notes.	Write HOPS and SOAP notes for simulated client cases.
Year 1 - MP 2	502	Measure and record height and weight.	Understand the importance of accurate measurement in health care.	Measure and record height and weight in lab activities.
Year 1 - MP 2	503	Measure and record vital signs (VS).	Understand the significance of vital signs in client assessment.	Measure and record vital signs in lab settings.

Year 1 - MP #	504	RESERVED Perform visual acuity test.	Understand the procedure and importance of visual acuity testing.	Conduct visual acuity tests in lab activities.
Year 1 - MP 2	505	Measure and perform range of motion (ROM).	Understand the principles and techniques for assessing ROM.	Measure and assess ROM in simulated client scenarios.
Year 1 - MP 2	506	Perform manual muscle test (MMT).	Understand the purpose and procedure of manual muscle testing.	Conduct manual muscle tests in lab settings.
Year 1 - MP 4	507	Distinguish the phases of rehabilitation.	Understand the progression and goals of rehabilitation phases.	Identify and discuss rehabilitation phases in case studies.
Year 1 - MP 4	508	Identify signs and symptoms, prevention, and treatment of neuromusculoskeletal injuries.	Understand the management of neuromusculoskeletal injuries.	Assess and respond to simulated neuromusculoskeletal injury scenarios.
Year 1 - MP 3	509	Identify therapeutic modalities and related safety procedures.	Understand the indications and safety considerations for treatment modalities.	Demonstrate treatment modalities and safety procedures in lab activities.
Year 1 - MP 2	510	Assist the patient/client with activities of daily living (ADL) and necessary assistive devices (AD).	Understand the role of ADL and assistive devices in rehabilitation.	Assist clients with ADL and use of assistive devices in simulations.
Year 2 - MP 3	511	Protect a patient's/client's privacy.	Understand privacy principles and laws in client care.	Apply privacy protection measures during simulated treatments.
Yr 2 – MP 2	601	Explain daily nutritional requirements, caloric intake, condition-specific needs, and basal metabolic rate (BMR).	Understand how nutritional requirements and caloric intake impact health and performance, and why calculating BMR is important.	Calculate BMR and analyze daily nutritional requirements for a sample client.
Yr 2 – MP 2	602	Evaluate food labels.	Understand how to interpret food labels to make informed dietary choices based on macro- and micronutrients.	Analyze and compare food labels to determine nutritional value.
Yr 2 – MP 2	603	Evaluate basic and sport nutrition needs, including hydration.	Understand the differences between general and sport-specific nutrition, and the importance of hydration for athletes.	Develop a nutrition and hydration plan for an athlete.
Yr 2 – MP 2	604	Identify signs and symptoms of dehydration.	Understand how dehydration affects the body and how to recognize its symptoms.	Assess a case scenario for signs and symptoms of dehydration.
Yr 2 – MP 3	605	Identify safe methods for weight loss and weight gain.	Understand the principles of safe and effective weight management.	Design a safe weight management plan for a client.
Yr 2 – MP 2	606	RESERVED Differentiate between over the counter (OTC) and prescription medications.	Understand the principles of safe and effective weight management.	Categorize medications as OTC or prescription and explain their uses.

Yr 2 – MP 2	607	Differentiate between supplements and ergogenic aids.	Understand the role and risks of supplements and ergogenic aids in sports therapy.	Evaluate the effectiveness and safety of selected supplements and ergogenic aids.
Yr 2 – MP 1	701	Conduct pre-exercise screening to determine physical activity readiness.	Understand the importance of pre-exercise screening for safe physical activity participation.	Conduct a simulated pre-exercise screening for a client.
Yr 2 – MP 1	702	Interpret the results of a health/fitness intake questionnaire.	Understand how intake questionnaires help assess client health and fitness status.	Complete and interpret a health/fitness intake questionnaire for a client.
Yr 2 – MP 1	703	Conduct baseline testing for body composition, cardiorespiratory, muscular strength, muscular endurance and flexibility.	Understand why baseline testing is essential for developing individualized fitness programs.	Perform baseline fitness assessments and record results.
Yr 2 – MP 4	704	Implement the components of exercise prescription and modification.	Understand how exercise prescriptions are tailored and modified to meet individual needs.	Create and modify an exercise prescription for a client based on assessment data.
Yr 2 – MP 2	705	Select and demonstrate exercises to improve body composition, cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility.	Understand how specific exercises target different aspects of physical fitness.	Demonstrate selected exercises for each fitness component.
Yr 2 – MP 2	706	Select and demonstrate exercises to improve agility, power, speed, balance, and proprioception.	Understand the importance of exercises that enhance athletic skills and coordination.	Demonstrate exercises that improve agility, power, speed, balance, and proprioception.
Yr 2 – MP 1	707	Create short-term and long-term goals utilizing the SMART (specific, measurable, attainable, realistic, and time-bound) principle.	Understand how to set effective goals using the SMART criteria.	Develop SMART goals for a client's fitness or rehabilitation plan.
Yr 2 – MP 1	708	Execute spotting techniques for resistance training exercises.	Understand the importance of proper spotting techniques for safety during resistance training.	Demonstrate correct spotting techniques during resistance training.
Yr 2 – MP 1	750*	Implement the stages of behavior change	Understand how behavior change stages influence client progress in sports therapy.	Apply behavior change strategies to support client progress.
Yr 2 – MP 4	751*	Identify exercise needs and limitations for different population	Understand how exercise programs are adapted for diverse populations.	Assess and recommend exercise modifications for specific populations.

Yr 2 – MP 4	752*	Differentiate exercise considerations for clients that have risk factors for chronic disease and other physical or health challenges	Understand how to modify exercise for clients with specific health risks.	Develop exercise plans considering chronic disease risk factors.
Yr 2 – MP 3	801	Identify the stages of human growth and development.	Understand the progression of human growth and development and its relevance to therapy.	Outline the stages of human growth and development in a presentation.
Yr 2 – MP 1	802	Communicate according to the patient's/client's stage of development and social determinants of health.	Understand how communication strategies should be adapted to the client's developmental stage and background.	Role-play communication scenarios with clients at different developmental stages.
Yr 2 – MP 3	803	Identify and discuss types of mental health disorders.	Understand the characteristics and impact of various mental health disorders.	Present a case study on a mental health disorder and discuss intervention strategies.
Yr 2 – MP 3	804	Identify and discuss types of disordered eating.	Understand the signs, symptoms, and consequences of disordered eating.	Analyze a scenario involving disordered eating and propose support strategies.
Yr 2 – MP 3	805	Identify physical and psychological indicators of stress.	Understand how stress manifests physically and psychologically.	Identify and discuss stress indicators in a client case study.
Yr 2 – MP 3	806	RESERVED		
Yr 1 – MP 4	901	Use medical terminology and abbreviations/acronyms.	Understand the importance of accurate medical terminology in professional communication.	Apply medical terminology correctly in written and verbal communication.
Yr 1 – MP 1	1001	Identify anatomical position, body planes, directions, and cavities.	Understand anatomical terminology for describing locations and orientations in the body.	Label diagrams and describe anatomical positions and planes.
Yr 1 – MP 3	1002	Identify organs, functions, and disease processes of the integumentary system.	Understand the structure, function, and common diseases of the integumentary system.	Create a chart summarizing organs, functions, and diseases of the integumentary system.
Yr 1 – MP 1	1003	Identify organs, functions, and disease processes of the skeletal system.	Understand the structure, function, and common diseases of the skeletal system.	Create a chart summarizing organs, functions, and diseases of the skeletal system.
Yr 1 – MP 2	1004	Identify organs, functions, and disease processes of the muscular system.	Understand the structure, function, and common diseases of the muscular system.	Create a chart summarizing organs, functions, and diseases of the muscular system.
Yr 1 – MP 2	1005	Identify organs, functions, and disease processes of the nervous system.	Understand the structure, function, and common diseases of the nervous system.	Create a chart summarizing organs, functions, and diseases of the nervous system.

Yr 1 – MP 1	1006	Identify organs, functions, and disease processes of the cardiovascular system.	Understand the structure, function, and common diseases of the cardiovascular system.	Create a chart summarizing organs, functions, and diseases of the cardiovascular system.
Yr 1 – MP 3	1007	Identify organs, functions, and disease processes of the endocrine system.	Understand the structure, function, and common diseases of the endocrine system.	Create a chart summarizing organs, functions, and diseases of the endocrine system.
Yr 1 – MP 4	1008	Identify organs, functions, and disease processes of the lymphatic system.	Understand the structure, function, and common diseases of the lymphatic system.	Create a chart summarizing organs, functions, and diseases of the lymphatic system.
Yr 1 – MP 2	1009	Identify organs, functions, and disease processes of the respiratory system.	Understand the structure, function, and common diseases of the respiratory system.	Create a chart summarizing organs, functions, and diseases of the respiratory system.
Yr 1 – MP 3	1010	Identify organs, functions, and disease processes of the urinary system.	Understand the structure, function, and common diseases of the urinary/excretory system.	Create a chart summarizing organs, functions, and diseases of the urinary/excretory system.
Yr 1 – MP 3	1011	Identify organs, functions, and disease processes of the digestive system.	Understand the structure, function, and common diseases of the digestive/excretory system.	Create a chart summarizing organs, functions, and diseases of the digestive/excretory system.
Yr 1 – MP 4	1012	Identify organs, functions, and disease processes of the reproductive system.	Understand the structure, function, and common diseases of the reproductive system.	Create a chart summarizing organs, functions, and diseases of the reproductive system.
Yr 1 – MP 4	1013	Identify organs, functions, and disease processes of the immune system.	Understand the structure, function, and common diseases of the immune system.	Create a chart summarizing organs, functions, and diseases of the immune system.
Year 2 - MP 1	1501	Create a professional resume	Understand the components and purpose of a professional resume.	Draft and revise a professional resume for a health and wellness career.
Year 2 - MP 1	1502	Demonstrate interviewing skills that include: professional dress and attitude, ability to appropriately answer and ask questions, and prepare post-interview follow-up	Understand the elements of effective interviewing in health and wellness careers.	Participate in mock interviews and prepare follow-up communications.
Year 2 - MP 4	1503	Participate in a minimum of two different work-based learning experiences within the health and wellness industry	Understand the value of diverse work-based learning experiences.	Engage in and reflect on two work-based learning experiences.
Year 2 - MP 3	1510	Use mathematical formulas and applications to the health and wellness industry	Understand how mathematical concepts apply to health and wellness scenarios.	Solve problems using mathematical formulas relevant to health and wellness.
Year 1 - MP 4	1511	Identify and convert between measurement systems	Understand the importance of accurate measurement and conversion in health care.	Convert measurements between systems in lab activities.

