General Objective
To acquire additional knowledge and skills in care and prevention of athletic injury so that the participant will be able to deal with injury detection, treatment, prevention, rehabilitation, reconditioning and counseling.

Specific Objectives
Participants will be able to:
1. Demonstrate through knowledge of athletic nutrition and ability to advise athletes concerning nutrition.
2. Identify skills needed to recognize athletic injury.
3. Display abilities in selection of appropriate athletic injury treatment modalities.
4. Identify appropriate first aid emergency planning and care procedures
   a. Cardiopulmonary resuscitation and related activities
   b. Unconscious athlete treatment and care
   c. Care of suspected head, neck and spine injured athletes
   d. Consideration of other life-threatening circumstances
5. Distinguish between the acceptable and unacceptable selections and usage of rehabilitation and reconditioning techniques.
6. Demonstrate an understanding of athletic injury counseling methodology.
7. Show evidence of knowledge of an application for playing conditions and for athletic facilities in order to facilitate injury prevention and enhance athletic performance.
   a. Selection of appropriate athletic uniforms
   b. Protective equipment
   c. Sanitary maintenance of the equipment and uniforms
8. Identify accepted methods for conducting in-service training.
9. Demonstrate an understanding of athletic injury reporting systems
10. Identify major characteristics of illegal substance use problems:
    a. Recommend / Refer identified athletes appropriately.
11. Demonstrate knowledge of appropriate health related policies and procedures:
    a. Parental medical consent
    b. Establish policy / guidelines regarding health of athletes
    c. Referral procedures
    d. Medical examinations
    e. Knowledge of rule / importance of athletic trainer
    f. On-call physician
12. Maintain currency in the field.
13. Exhibit a basic understanding of anatomy and physiology as related to sports medicine.
14. State the importance of knowledge of sports medicine as a lifelong activity.
15. Describe the functions of the circulatory and respiratory systems as related to exercise and sports.
16. Define and plan pre-season and post-season conditioning schedules.
17. Define and describe the need for proper warm-up and cool-down activities.
18. Describe and demonstrate the proper method for transporting an injured person by stretcher, wheelchair or improvised procedure.
19. Describe and demonstrate techniques of taping and wrapping.
20. Exhibit an understanding of anatomy and physiology of the human body as related to athletic injury.
21. Identify major characteristics of dangers and the effects of drug use and performance enhancing drugs.
22. Demonstrate proficiency in cardiopulmonary resuscitation and First Aid CPR and First Aid certification to be awarded by the American Red Cross or American Heart Association.

http://fcis.org
Activities
Activities shall focus on methods, techniques, and recommended operational procedures by certified trainers and physicians. Delivery will be through lectures, demonstrations and individual / group applications. Activities will include, but are not limited to:
1. Application of standard First Aid
2. Cardiopulmonary resuscitation
3. Taping and wrapping techniques
4. Conditioning and rehabilitation methods
5. Anatomy and physiology as related to sports medicine
6. Conferences / seminars

Delivery
Participants will:
1. Attend laboratory activities consisting of methods, techniques, and recommended operational procedures by qualified professionals
2. Participate in lectures, demonstrations, and individual/group applications
3. View videotapes and CD’s
4. Read articles on relevant topics
5. Attend related conferences
6. Study additionally from related web sites

Follow-Up
Participants will:
1. Complete a form stating the degree to which the applied knowledge impacted student athletes and teams
2. Provide written/oral reflections
3. Model/demonstrate best practices
4. Provide and share feedback regarding implementation of activities

Participant Evaluation
Participants will:
1. Pre and post-tests designed by the instructors will be administered to each participant in the various contents to evaluate attainment of specific objectives. Each participant must obtain a minimum of 80% mastery level of objectives to successfully complete the component. The component evaluation will consist of instructors and participant assessment of how well component activities help participant to master the objectives.
2. Develop an overall plan for the safety and welfare of student athletes based on principles learned
3. Attend/participate in follow-up staff development sessions.

Workshop/Component Evaluation
Participants and instructors will assess the degree to which the activities addressed the specific objectives and will make recommendations for revision through the Florida Council of Independent Schools Evaluation Form.

Component/Work Shop Evaluation
Florida Council of Independent Schools Evaluation Form

Person Responsible For Evaluation
Supervisor of Athletics