**Course Description:**

Students apply practical and theoretical information as it relates to psychology of sport. Students analyze the reciprocal relations among physical activity, exercise behavior, and biochemical and physiological adaptation. Topics include theories of behavior change, exercise psychology interventions, and the relationship between exercise and mental health. Further, students will identify psychosocial determinants and effects associated with adopting and maintaining an exercise program and develop strategies for promoting optimal performance in athletes.

**Strand 1. Business Operations/21st Century Skills**

Learners apply principles of economics, business management, marketing and employability in an entrepreneur, manager and employee role to the leadership, planning, developing and analyzing of business enterprises related to the career field.

**Outcome 1.2. Leadership and Communications**

Process, maintain, evaluate and disseminate information in a business. Develop leadership and team building to promote collaboration.

**Competencies**

1.2.1. Extract relevant, valid information from materials and cite sources of information (e.g.,

medical reports, fitness assessment, medical test results).

1.2.2. Deliver formal and informal presentations.

1.2.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.

1.2.4. Use negotiation and conflict‐resolution skills to reach solutions.

1.2.5. Communicate information for an intended audience and purpose.

1.2.6. Use proper grammar and expression in all aspects of communication.

1.2.7. Use problem‐solving and consensus‐building techniques to draw conclusions and determine

next steps.

1.2.8. Identify the strengths, weaknesses and characteristics of leadership styles that influence

internal and external workplace relationships.

1.2.9. characteristics of leadership styles that influence internal and external workplace relationships.

1.2.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a

team.

1.2.11. Write professional correspondence, documents, job applications and resumés.

1.2.12. Use technical writing skills to complete forms and create reports.

1.2.13. Identify stakeholders and solicit their opinions.

1.2.14. Use motivational strategies to accomplish goals.

*An “X” indicates that the pathway applies to the outcome.*

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 1.3. Business Ethics and Law**

Analyze how professional, ethical, and legal behavior contributes to continuous improvement in organizational performance and regulatory compliance.

**Competencies**

1.3.1. Analyze how regulatory compliance affects business operations and organizational performance.

1.3.2. Follow protocols and practices necessary to maintain a clean, safe, and healthy work

environment.

1.3.3. Use ethical character traits consistent with workplace standards (e.g., honesty, personal

integrity, compassion, justice).

1.3.4. Identify how federal and state consumer protection laws affect products and services.

1.3.5. Access and implement safety compliance measures (e.g., quality assurance information, safety

data sheets [SDSs], product safety data sheets [PSDSs], United States Environmental Protection Agency [EPA], United States Occupational Safety and Health Administration [OSHA]) that contribute to the continuous improvement of the organization.

1.3.6. Identify deceptive practices (e.g., bait and switch, identity theft, unlawful door-to-door sales,

deceptive service estimates, fraudulent misrepresentations) and their overall impact on organizational performance.

1.3.7. Identify the labor and practice laws that affect employment and the consequences of

noncompliance for both employee and employer (e.g., harassment, labor, employment, employment interview, testing, minor labor laws, Americans with Disabilities Act, Fair Labor Standards Acts, Equal Employment Opportunity Commission [EEOC], human trafficking) and interpret personal safety rights according to the employee Right-to-Know Plan.

1.3.8. Verify compliance with computer and intellectual property laws and regulations.

1.3.9. Identify potential conflicts of interest (e.g., personal gain, project bidding) between personal,

organizational, and professional ethical standards.

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Strand 2. Human Body System**

Learners will describe the various anatomy, physiology, and pathophysiology associated with body systems and alterations related to the normal developmental process, obtain a health history, perform an evaluation of the body systems, and document using medical terminology.

**Outcome: 2.1. Human Anatomy, Physiology, and Pathophysiology**

Describe the various human body systems, alterations related to the normal developmental process and possible dysfunctions.

**Competencies**

2.1.1. Identify body planes, directions, cavities, quadrants and regions.

2.1.2. Describe the physical characteristics, components and function of blood (e.g., ABO, Rh, blood cells, precursors and respiratory).

2.1.3. Describe the structures and functions of the cardiovascular system and trace the path of blood and identify factors affecting blood flow.

2.1.4. Describe how blood pressure is controlled and identify factors influencing changes in blood pressure.

2.1.5. Describe the structures and functions of the respiratory system.

2.1.6. Describe function of nerve tissue, nervous system, including regions of the brain.

2.1.7. Describe the structures and functions of the musculoskeletal system.

2.1.8. Describe the structures and functions of the digestive/excretory system.

2.1.9. Describe the structures and functions of the renal/urinary system.

2.1.10. Describe the structures and functions of the immune system.

2.1.11. Describe the structures and functions of the endocrine system.

2.1.12. Differentiate between the structures and functions of the male and female reproductive systems.

2.1.13. Describe the structures and functions of the integumentary system.

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 2.2. Evaluate Body Systems**

Assess the biopsychosocial state of the patient and document using medical terminology.

**Competencies**

2.2.1. Provide privacy and demonstrate sensitivity for diverse populations.

2.2.2. Contact interpretive services for non‐English speaking and English Language Learners (ELL).

2.2.3. Use developmentally appropriate language to systematically review disease processes related to each body system.

2.2.16. Identify symptoms of substance abuse.

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 2.3. Medical Terminology**

Decipher medical terms through word origin and structure with an emphasis on derivation, meaning, pronunciation, and spelling.

**Competencies**

2.3.1. Build and decipher medical term meanings by identifying and using word elements (e.g., word roots, prefixes, suffixes, and combining forms).

2.3.2. Apply the rules used to build singular and plural forms of medical terminology derived from the Greek and Latin language.

2.3.3 Use diagnostic, symptomatic, and procedural terms to read and interpret various medical reports.

2.3.4. Use abbreviations and symbols to identify anatomical, physiological and pathological classifications and the associated medical specialties and procedures.

2.3.5. Communicate medical instructions and prepare medical documents using medical terminology.

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| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Strand 3. Therapeutic Interventions**

Learners will assist with improving the individual's health outcome and quality of life throughout the lifespan within their scope of practice.

**Outcome: 3.2. Health Promotion Interventions**

Identify and communicate health promotion and wellness to individuals, support systems, and communities.

**Competencies**

3.2.7. Identify the components of wellness.

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| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 3.3. Pharmaceutical Interventions**

Prepare, administer, store and document medications, reactions and outcomes according to laws, regulations and authorized health care provider orders and protocols.

**Competencies**

3.3.1. Identify and define terms related to drugs, pharmacology and medicines.

3.3.2. Identify drug classifications.

3.3.3. Recognize trade and generic names of prescription medications, over‐the‐ counter drugs and herbal preparations.

3.3.4. Identify and communicate elements of a prescription and relevant information.

3.3.6. Describe the therapeutic value of the medication being taken and how to evaluate

the individual’s outcome.

3.3.9. Reconcile medication, immunization records, and report errors.

3.3.11. Administer and document medications ensuring the correct medication, dosage, route, time, person and method.

3.3.12. Communicate the potential side effects and adverse reactions to medical interventions and determine the individual’s level of understanding.

3.3.13. Identify altered mental states (e.g., hallucinogens, sensory deprivation) and corrective actions.

3.3.14. Identify fluid and electrolyte imbalances, side‐effects and adverse reactions.

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | |  | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 3.5. Nutritional Interventions**

Identify nutritional needs and communicate information to the individual and support system.

**Competencies**

3.5.5. Provide diet and hydration guidelines to maintain optimal health.

3.5.6. Identify food and drug interactions.

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 3.6. Exercise and Rehabilitative Intervention**

Evaluate, define and perform training, and document therapies to enhance mobility and muscle strength.

**Competencies**

3.6.11. Describe techniques to disrupt the interpretation of pain.

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Strand 4. Assistive Care**

Learners demonstrate the skills and knowledge to provide personal assistive care for the activities of daily living to a variety of individuals across stages of development within their scope of practice.

**Outcome: 4.1. Scope of Practice**

Describe the roles and responsibilities of assistive personnel and identify the medical specialists who treat disorders of each body system.

**Competencies**

4.1.5. Identify the medical specialists who treat disorders of each body system.

*An “X” indicates that the pathway applies to the outcome.*

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 4.2. Therapeutic Communication and Interpersonal Skills**

Demonstrate and document communication techniques and behaviors when communicating and interacting with individuals.

**Competencies**

4.2.1. Interpret non‐verbal communication, including gestures, posture, touch, facial expressions, eye contact, body movements, avoidance and appearance.

4.2.2. Describe the importance of maintaining an individual’s personal space.

4.2.7. Maintain a proper environment for eating (e.g., noxious odors, contaminated items, loud noises).

4.2.8. Provide aids to facilitate communication for speech impaired individuals (e.g., picture cards, slates, notepads).

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Strand 6. Health Information Management**

Learners will demonstrate basic computer literacy, health information literacy and skills, confidentiality and privacy of health records, information security and basic skills in the use of electronic health records.

**Outcome: 6.2. Confidentiality, Privacy and Security**

Apply the fundamentals of confidentiality, privacy and security to communicate health/medical information accurately and within legal/regulatory bounds to other external entities.

**Competencies**

6.2.1. Identify components of the legal system.

6.2.2. Differentiate between types of evidence used in healthcare litigation, process of discovery and

the permissible use of evidence in litigation, recognizing the elements of negligence and

medical malpractice.

6.2.3. Interpret regulatory requirements, standards of practice, legal responsibility, limitations and implications of actions and describe the appropriate avenues for reporting incidences of malpractice or negligence.

6.2.4. Identify what constitutes the authorized access, release and use of personal health information.

6.2.5. Distinguish confidential and non‐confidential information, and document and prioritize requests for personal health information according to privacy and confidentiality guidelines.

6.2.6. Use networks, including intranet and internet, according to security and privacy policies and

procedures.

6.2.7. Describe the possible consequences of inappropriate use of health information.

6.2.8. Implement administrative, physical and technical safeguards to maintain data integrity and validity.

6.2.9. Describe elements that are included in the design of audit trails and data quality monitoring programs.

6.2.10. Describe the relevance of federal, state and private sector initiatives related to the privacy, security and confidentiality of health information technology.

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | |  | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome 7.2.**  **Behavioral Health Interventions**

Identify and demonstrate research, theories, and interventions for communication, collaboration and care of biopsychosocial interventions.

**Competencies**

7.2.6. Apply criteria for determining appropriate modality and level of treatment.

7.2.8. Provide individualized care in collaboration with the patient or client.

7.2.12. Assist clients with learning and practicing appropriate coping skills.

7.2.13. Provide assistive care and support to clients with identified psychosocial needs.

7.2.14. Describe techniques for redirecting maladaptive behavior.

7.2.15. Describe the importance of interpersonal relationships and social supports across the life span.

7.2.16. Promote independence, self-care and self-efficacy.

**Outcome 7.5.**  **Crisis Intervention & Trauma-Informed Care**

Identify, Assess and Differentiate crisis, emergency, crisis intervention, emergency intervention, suicide prevention and suicide intervention.

7.5.3. Recognize normative and traumatic stressors.