

A Correlation of **Realityworks Sports  
Medicine Products and Curricula** to the  
**National Athletic Trainers' Association**

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### **Sports Medicine Scenario Cards**

The Sports Medicine Scenario Cards feature 19 different employability skills each highlighted in a real-world scenario written by sports medicine subject matter experts. Students read the scenario and then they must problem solve, answering the key questions on the card as well as seeing the scenario from multiple points of view. Critical thinking is required as students participate in scenario-based learning, applying their knowledge focusing on soft skills. Various sports medicine professions are included in each scenario.

Alignment to NATA: 13.2 Investigate the role of various rehabilitation professionals.

### **Rehabilitation and Modalities Scenario Kit**

The Rehabilitation and Modalities Scenario Kit was developed based on an alignment to NATA section 13: Introduction to Rehabilitation and Modalities.

| <b>Lessons and Objectives</b>                                                                                                                                                                                                                                                                                                                                                 | <b>NATA Alignment</b>                                                                                                                                   | <b>Kit Component/Activity</b>                                                                                                                                                                                                    |
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| Lesson One – Understanding Rehabilitation Modalities <ul style="list-style-type: none"><li>Understand what a modality is and the general purposes of modalities</li><li>List the basic types of modalities</li></ul>                                                                                                                                                          | Vocabulary terms are covered in the flashcards. 13.1 Safety procedures for each type of modality are also covered in the flashcards and lesson content. | Therapeutic Modalities Flashcards – These flashcards cover eight different therapeutic modalities featuring safety procedures and definitions for students to learn and identify. Lecture and slide presentations cover content. |
| Lesson Two – Safety Procedures for Modalities <ul style="list-style-type: none"><li>Understand the clinical indications for the use of cryotherapy and experience each stage of cryotherapy</li><li>Understand the general guidelines and safety procedures for each modality</li><li>Demonstrate cause and effect of improper treatment prep when using modalities</li></ul> | 13.1 Safety procedures for each type of modality are also covered in the flashcards and lesson content.                                                 | Cryotherapy lab with hands-on practice. Flashcards cover safety procedures for modalities. Lecture and slide presentations cover content with extension activities.                                                              |
| Lesson Three – Five Phases of Rehabilitation <ul style="list-style-type: none"><li>Understand the clinical indications and demonstrate the ability to apply moist heat pack treatments safely</li><li>Understand and be able to describe the phases of rehabilitation</li><li>Create a rehab program based on the phases of rehabilitation</li></ul>                          | 13.3 Understand the five phases of rehabilitation.                                                                                                      | Thermotherapy Modality Lab with hands-on activities. Lesson lecture and slide presentations cover content with extension activities. Students will learn how to use the five phases of rehabilitation.                           |

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| <p><b>Lesson Four – Creating First Aid Treatment Plans for Acute Injuries</b></p> <ul style="list-style-type: none"> <li>• Understand the basic setup for EMS/TENS</li> <li>• Understand the basics of acute injury treatment</li> <li>• Create a treatment plan for the acute phase of a specific injury</li> </ul>                                                                                       | <p>Create a first aid treatment plan for an acute injury.</p>             | <p>EMS/TENS unit demonstration is integrated. Acute Injury Scenarios Student Workbooks, lecture, and slide presentation cover content. A first aid treatment plan for an acute injury is completed in the workbook.</p> |
| <p><b>Lesson Five – Career Exploration: The Roles of Various Rehabilitation Professionals</b></p> <ul style="list-style-type: none"> <li>• Understand and explain the individuals who make up an athlete's circle of care</li> <li>• Identify different careers within the field of rehabilitation</li> <li>• Explain a rehabilitation career that they are personally interested in working in</li> </ul> | <p>13.2 Investigate the role of various rehabilitation professionals.</p> | <p>Lecture and slide presentation cover content with extension activities provided. Career exploration into the circle of care is included and research projects. Rubrics are provided.</p>                             |
| <p><b>Lesson Six – Assessment and Application: Acute Injury Scenarios</b></p> <ul style="list-style-type: none"> <li>• Identify the appropriate modality to use based on the scenario</li> <li>• Create a treatment plan for a sports injury based on knowledge of modalities</li> </ul>                                                                                                                   | <p>Create a first aid treatment plan for an acute injury</p>              | <p>Students will review the basics of treatment plans as they prepare to develop a series of 25 different plans based on sports injury scenarios using the Acute Injury Scenarios Student Workbook</p>                  |

## Knee and Ankle Sports Injury Assessment Trainer

| <b>Lessons and Objectives</b>                                                                                                                                                                                                                                                                                                                     | <b>NATA Alignment</b>                                                                                                                                         | <b>Kit Component/Activity</b>                                                                                                                                                                                                                                                  |
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| <p><b>Lesson One – Ankle Injuries</b></p> <ul style="list-style-type: none"> <li>• Understand the anatomy of ankle ligament and tendons injured in sports</li> <li>• Explain the types and classifications of ankle injuries</li> <li>• Demonstrate the ability to perform orthopedic special tests of the ankle</li> </ul>                       | <p>Sections 6.2 and 6.6 discuss skeletal and muscular anatomy.</p> <p>Section 9.3 requires learners to differentiate between different degrees of injury.</p> | <p>The Knee and Ankle Sports Injury Assessment Trainer allows learners to practice commonly used diagnostic tests to assess healthy ATFL, CFL, deltoid, and Achilles tendons and ligaments. The trainer can be adjusted to demonstrate various degrees of injury for each.</p> |
| <p><b>Lesson Two – Knee Injuries</b></p> <ul style="list-style-type: none"> <li>• Understand the anatomy of the ligaments of the knee</li> <li>• Explain the different grades of injury and the care of those injuries</li> <li>• Demonstrate the ability to perform orthopedic special tests to determine the nature of a knee injury</li> </ul> | <p>Sections 6.2 and 6.6 discuss skeletal and muscular anatomy.</p> <p>Section 9.3 requires learners to differentiate between different degrees of injury</p>  | <p>The Knee and Ankle Sports Injury Assessment Trainer allows learners to practice commonly used diagnostic tests to assess healthy ACL, MCL, and LCL ligaments. The trainer can be adjusted to demonstrate various degrees of injury for each.</p>                            |