

Handouts and links from the Activities and Resource for Teaching Sports Medicine Skills

Link to free lessons plans:

- <https://www.realityworks.com/access-your-guides-and-curriculum/>

Blood Pressure Resources

Online self test

<https://opentextbc.ca/vitalsign/chapter/441/>

Korotkoff sounds audio file (must listen with headphones)

<https://www.youtube.com/watch?v=5gn8cbY9rkc>

Bandaging and Wound Care Videos

- Basic Wound Care (2:19) <https://www.youtube.com/watch?v=4qri02BCh00>
- How to Apply a Pressure Bandage (2:34) <https://www.youtube.com/watch?v=uA-vHanFv1o>

Taping and Wrapping

Athletic Taping – Ankle (6:54)

<https://www.youtube.com/watch?v=YdtPCG2aO3Y>

Athletic Taping – Wrist (6:07)

https://www.youtube.com/watch?v=6DUhP8_KkG0

Splinting and Bracing

<https://www.realityworks.com/splintsandbraces-downloads>

Sports Medicine First Aid

First Aid Flashcards on Quizlet <https://quizlet.com/315886338/sports-medicine-first-aid-flash-cards/>

First Aid Injury and Prevention Games <https://troopresources.scouting.org/first-aid-skill-activities/>

Airway Skills <https://www.youtube.com/watch?v=FcnH78g3Ze0>

BVM Ventilation

Free BVM Ventilation Curriculum at <https://www.realityworks.com/bvmventilationtrainer-downloads/>

AED <https://www.realityworks.com/aedtrainer-downloads/>

Joint Models

- Create your own demo using a model
Knee Joint Anatomy Tutorial
<https://www.youtube.com/watch?v=Oncz8Uo1ALc>
Visible Body – Common Sports Injuries 101
<https://www.visiblebody.com/blog/learn-muscle-anatomy-common-sports-injuries-101>
5 Common Sports Injuries <https://www.youtube.com/watch?v=upxeWJs5Pio>
The Five Most Common Sports Injuries https://www.youtube.com/watch?v=zmH_fwQuh4c
- Online textbook
[https://www.mdthinducollege.org/ebooks/anatomy%20and%20Physiology/Functional Anatomy.pdf](https://www.mdthinducollege.org/ebooks/anatomy%20and%20Physiology/Functional_Anatomy.pdf)
Movable Joints Charades
https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306500.pdf
Free Joint 3-D Animations
How Different Joints Work https://www.youtube.com/watch?v=Un_iG74R_TI
Knee Joint Animation <https://www.youtube.com/watch?v=iNxpvUullfg>
Human Skeleton and Different Joints <https://www.youtube.com/watch?v=CrNCTIQ4ZLo>

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