

# Webinar:

## Hands On Learning Tools for Your Sports Medicine Program



**Realityworks®**  
*Live it. Learn it.™*

**100% EMPLOYEE-OWNED**



# Who is Realityworks?



We partner with educators, administrators and industry leaders to ensure our offerings meet their needs and make lessons truly meaningful.

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Presented by

**Molly Kellgren**

PhD, RN, Realityworks Health Science Education Product Manager

**Realityworks<sup>®</sup>**  
*Live it. Learn it.<sup>™</sup>*

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# Attendees will:

- Why Hands-On Learning?
- Let's hear from Eli Zucksworth!
- How can Realityworks help?

# Why hands-on learning?

## EXPERIENTIAL LEARNING WORKS



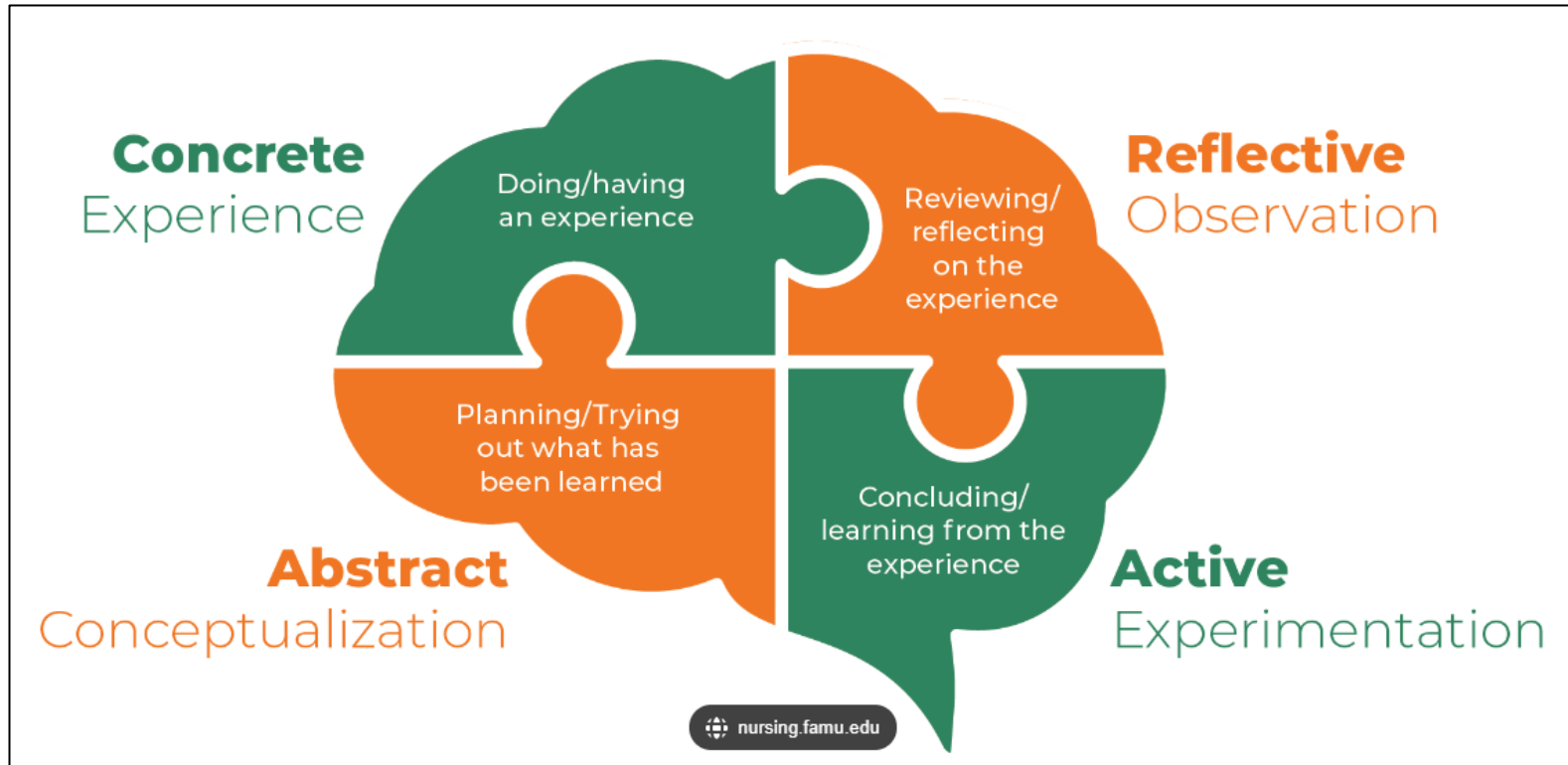
Experiential learning is a more effective way to gaining understanding of materials than lecture-based discussions.

We retain **75%** of what we do compared to **5%** of what we hear.

**Source:** <https://www.realityworks.com/blog/5-reasons-experiential-learning-works-online-or-in-the-classroom/>

# David Kolb (1984)

## Kolb's Experiential Learning Theory Model



### **Integrate realism into lessons**

Experiential learning enables teachers to bring real-world scenarios, activities and events into the learning environment to create long-lasting, meaningful understanding, especially when onsite industry visits are not feasible.



### **ENGAGE students!**

Students can do more than sit and listen while working with hands-on tools; they can collaborate and make connections, creating a more engaging and authentic learning experience.



## **Benefits of Experiential Learning & Realityworks Products**

### **Force critical thinking and reflection activities**

Students gain new levels of understanding by observing, applying critical thinking skills and creating their own interpretations of what they learned.



### **Reach the 65% of visual learners with demonstrations and interactions**

Whether online or in-person, demonstrations can aid in students' visual understanding of concepts, processes and lessons.



### **Shared learning enables soft skills**

Listening, problem-solving and communication among others are applied when taking part in learning by seeing and doing.



# Eli Zucksworth, Redlands CC





# Realityworks Products



# Knee and Ankle Sports Injury Assessment Trainer

- 3 Knee ligaments
- 4 ankle tendons and ligaments
- Standardized experiences
- Repeatable until competency



# Lower Extremity Dislocation Trainer

- Medial and Lateral patellar dislocations
- Anterior and Posterior ankle dislocations
- Standardized experiences
- Repeatable until competency



# Upper Extremity Dislocation Trainer

- Articulating joints
- Realistic skin
- Anterior and posterior shoulder dislocations
- Simple elbow dislocation
- Volar dislocation of the thumb
- Medial and lateral dislocation of the pointer finger
- Dorsal and volar dislocations of the middle finger





**Let's Demo**



# Additional Resources

- Curriculum
- Teacher Presentations
- Student Activities
- Pre/Post Assessments



# Sports Medicine Implementation Guide



**Sports Medicine Program Implementation Guide**  
Engage your students in career exploration and help them develop 21st Century skills.

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Visit [www.realityworks.com/sports-medicine-program-implementation](http://www.realityworks.com/sports-medicine-program-implementation) to view product and program details.





**Joint Model Set**  
Help students understand the underlying structures of the knee and elbow, shoulder, spine, pelvis, and femur.

**Environmental Factors in Sports Medicine Lab Kit**  
Facilitate engaging lab activities on topics like atmospheric conditions that contribute to injuries.

**Closed Fracture Trauma Manikin**  
Practice fundamental skills like intramuscular injection administration and palpating closed fractures.

**Adult Nursing Manikin**  
Create realistic scenarios for practicing over 20 basic care procedures.

**Soft Skills Program for Caring for Patients with Intellectual Disabilities, Mental Illness, or PTSD**  
Introduce participants to caring for patients and help them develop soft skill strategies.

**Rehabilitation and Modalities Scenario Kit**  
Facilitate scenario-based learning experiences focused on rehabilitation modalities.

**Concussion Education Kit**  
Help students understand the effects of concussions and how to treat and prevent them.

**Sports Nutrition Lab Kit**  
Teach students about nutrients, nutrition, body weight and composition, and more.

**Taping and Wrapping Skills Sim Kit**  
Create interactive scenarios for practicing over 20 common taping, wrapping, and bracing techniques.

**Blood Pressure Simulator**  
Practice taking blood pressure safely.

**Knee and Ankle Sports Injury Assessment Trainer**  
Give students hands-on practice assessing common ligament and tendon tears.

**Sports Medicine Career Scenario Cards**  
Practice soft skills within the context of real-world sports medicine career scenarios.

**Ethical and Legal Issues in Healthcare Program**  
Address common ethical and legal issues in healthcare.

**AED Trainer**  
Emphasize safety when teaching Basic Life Support (BLS) and Automated External Defibrillator (AED) skills.

Create a Custom Pathway Package Choose hands-on learning aids and curricula that meet your unique program needs.

All products can be purchased separately

## Sports Medicine Curricula Overview

All curricula include lesson plans, presentation slides, assessments and other student materials.

| Experiential Learning Tools                                                                         | Curriculum Length | Lesson Topics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Adult Nursing Manikin                                                                               | 10 hours          | <ul style="list-style-type: none"> <li>Pressure Injuries</li> <li>Ostomy Care</li> <li>IV Bolus Medication</li> <li>Phlebotomy</li> <li>IV Insertion</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Closed Fracture Trauma Manikin                                                                      | 6-8 hours         | <ul style="list-style-type: none"> <li>Introduction to Immobilization and Splinting Techniques</li> <li>Range of Motion</li> <li>Intramuscular Injections</li> <li>Ostomy Care</li> <li>Bathing</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                             |
| Blood Pressure Simulator                                                                            | 1-2 hours         | <ul style="list-style-type: none"> <li>Patient-Focused Care</li> <li>Procedures for Taking Blood Pressure</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| AED Trainer                                                                                         | 2.5 hours         | <ul style="list-style-type: none"> <li>Cardiac Arrest Management and AED</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Rehabilitation and Modalities Scenario Kit                                                          | 10-15 hours       | <ul style="list-style-type: none"> <li>Understanding Rehabilitation Modalities</li> <li>Safety Procedures for Modalities</li> <li>Five Phases of Rehabilitation</li> <li>Creating First Aid Treatment Plans for Acute Injuries</li> <li>Career Exploration: The Role of Various Rehabilitation Professionals</li> <li>Assessment and Application: Acute Injury Scenarios</li> </ul>                                                                                                                                                                                                                                    |
| Soft Skills Program for Caring for Patients with Intellectual Disabilities, Mental Illness, or PTSD | 2-3 hours         | <ul style="list-style-type: none"> <li>Defining Intellectual Disability</li> <li>Defining Mental Illness</li> <li>Strategies for Caring for Patients with Intellectual Disability</li> <li>Strategies for Caring for Individuals with Mental Illness</li> <li>Strategies for Caring for Patients with Post-Traumatic Stress Disorder</li> </ul>                                                                                                                                                                                                                                                                        |
| Knee and Ankle Sports Injury Assessment Trainer                                                     | 2.5-3 hours       | <ul style="list-style-type: none"> <li>Ankle Sports Injuries</li> <li>Knee Sports Injuries</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Taping and Wrapping Skills Sim Kit                                                                  | 5-6 hours         | <ul style="list-style-type: none"> <li>Introduction to Taping, Wrapping, and Protective Equipment</li> <li>Taping vs. Bracing</li> <li>Lower Extremity Taping</li> <li>Upper Extremity Taping</li> <li>Joint and Long Bone</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                  |
| Sports Nutrition Lab Kit                                                                            | 11-14 hours       | <ul style="list-style-type: none"> <li>Nutrients</li> <li>Nutrition to Enhance Performance</li> <li>Body Weight, Body Composition, and Body Fat</li> <li>Food Labels</li> <li>Safe Methods for Weight Loss and Weight Gain</li> <li>Supplements</li> <li>Substance Abuse</li> </ul>                                                                                                                                                                                                                                                                                                                                    |
| Ethical and Legal Issues in Healthcare Program                                                      | 10 hours          | <ul style="list-style-type: none"> <li>Legal Responsibilities and Implications</li> <li>Patient's Basic Rights and Responsibilities</li> <li>Informed and Implied Consent and Advance Directives</li> <li>Safety, Privacy, and Confidentiality of Health Information</li> <li>Social Media and Healthcare</li> <li>Ethical Foundations</li> <li>Ethical vs. Legal Issues Impacting Healthcare</li> <li>Contemporary Ethical Dilemmas and Their Implications</li> <li>Religious/Cultural Values and Respect/Empathy for all Patients</li> <li>Ethical Issues Involving Lack of Capacity and End-of-Life Care</li> </ul> |
| Sports Medicine Career Scenario Cards                                                               | varied            | <ul style="list-style-type: none"> <li>Use these pathway/occupation specific scenario cards to create classroom activities that put students in real-world workplace situations and challenge them to think critically and problem-solve</li> </ul>                                                                                                                                                                                                                                                                                                                                                                    |
| Environmental Factors in Sports Medicine Lab Kit                                                    | 6 hours           | <ul style="list-style-type: none"> <li>Atmospheric Conditions That Contribute to Environmental Injury</li> <li>Environmental Factors to be Considered When Caring for Athletes</li> <li>Circadian Dysrhythmia Impact on Athletes</li> <li>Developing an Emergency Action Plan (EAP) and Policy for Thunder and Lightning as it Relates to Athletics</li> <li>Sun Exposure and Risks to Athletes</li> </ul>                                                                                                                                                                                                             |
| Joint Model Set                                                                                     | 1 hour            | <ul style="list-style-type: none"> <li>Use this 4-piece set to help students understand the underlying structure of each joint</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Concussion Education Kit                                                                            | 5.5-6.5 hours     | <ul style="list-style-type: none"> <li>Introduction to Traumatic Brain Injury</li> <li>Concussion Signs and Symptoms</li> <li>TBI Treatment and Prevention</li> <li>TBI Scenarios</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                           |

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09182023-CC Sports Medicine Training Implementation Guide

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## Sports Medicine Program - Realityworks

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# More FREE Resources

## FREE Poster

<https://www.realityworks.com/resources/realityworks-interactive-posters-downloads/>

Career Exploration Lessons

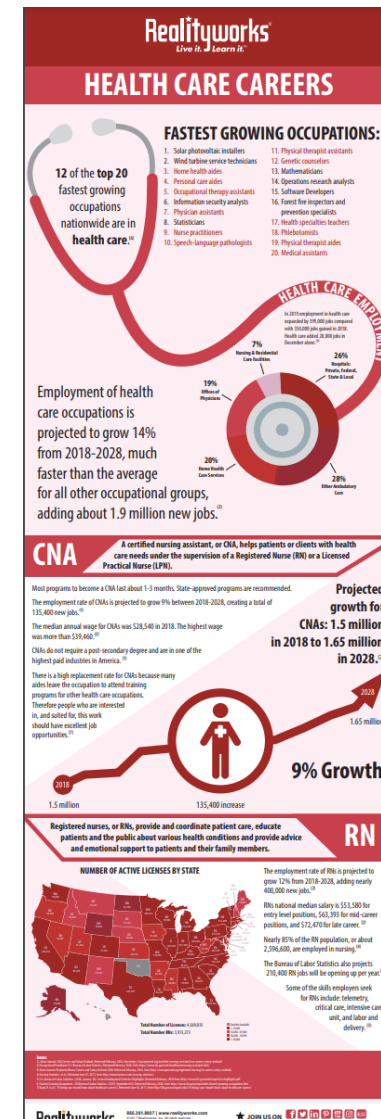
Health Science

Dental

Sports Medicine

Therapeutic Services

[Free Lesson Plans | Realityworks | Innovative Learning Tools](#)



# Additional Resources

## Realityworks Blog

- [Practice Relocating 4 Lower Extremity Injuries with Our New Trainer - Realityworks](#)

## Realityworks Webinars

<https://www.realityworks.com/resources/webinars/>



## Let's connect!

We can help you start or refresh your own program!

Scan to:

- Connect with your local Realityworks account manager
- Request a free quote
- Ask questions and more!

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