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SPORTS MEDICINE

Sports Medicine is a basic training course for coaches and related occupations in the emergency care of athletes.

Sports Medicine is designed to give coaches:

- 1) A basic understanding of their responsibilities as part of the sports medicine team.
- 2) Skill in developing an emergency action plan.
- 3) Basic emergency care skills.
- 4) An appreciation and understanding of the potentially serious nature of sports injuries.

They will learn the same priorities of care and approach to the patient as is used by professionals, resulting in continuity of care as the athlete is passed on to further care; paramedic, nurse, etc.

Emphasis in training is placed on helping coaches assure safe conditions for their athletes and the development of essential care skills. These are learnt in the same sequence as they are performed.

The course is comprised of modules of instruction, each module being divided into segments, each reinforcing the priorities of care and approach to the patient. Training uses 'see, hear, do' method, incorporating repeated use of information and knowledge gained, during practice sessions. As a result, the students develop confidence in their ability to respond and perform these skills in an actual emergency.

COACHING/TRAINING

Course Outline

Introduction to course-aims and objectives

SETUP and barriers-scene

Safety/personal safety

Initial assessment

Rescue breathing/CPR

Choking management

Control of bleeding

Shock management

Circle of Care

Illness assessment

Injury assessment

Sports Specific Introduction

Prevention of disease transmission

Emergency Action Plan

Head injury

Spinal injury

Abdominal injury

Isolated Injury assessment

Return to play

Use of heat/cold

Fractures/Dislocations

Sprains/Strains/Contusions

Heat exposure

Allergic reactions

Asthma

Diabetic Emergencies

Seizures

Sports Medicine Team

Sports liability

Conditioning

Nutrition

Drug Abuse

Rescue breathing/CPR, helmeted sports (optional)

CPR for children

First Aid Boxes

Accident book

RECREATION

Course Outline

Introduction to course-aims and objectives

SETUP and barriers-scene

Safety/personal safety

Initial assessment

Rescue breathing/CPR

Choking management

Control of bleeding

Shock management

Circle of Care

Illness assessment

Injury assessment

Sports Specific Introduction

Prevention of disease transmission

Emergency Action Plan

Head injury

Spinal injury

Abdominal injury

Isolated Injury assessment

Return to play

Use of heat/cold

Fractures/Dislocations

Sprains/Strains/Contusions

Heat exposure

Allergic reactions

Asthma

Diabetic Emergencies

Seizures

Rescue breathing, helmeted sports (optional)

CPR, helmeted sports (optional)

CPR for children

Heart problems

Stroke

Poisoning

COURSE LENGTH

Coaching/Training

The Sports Medicine-Coaching/Training course planned duration is 9 hours 30min. This includes theoretical and practical tuition. It does not, however, include any break times. It is therefore advisable that the course is run over 2 days.

Recreation

The Sports Medicine-Recreation course planned duration is 10 hours 15 min. This includes theoretical and practical tuition. It does not, however, include any break times. It is therefore advisable that the course is run over 2 days.

In both the Coaching/Training and Recreation courses, the time allowed for practice is flexible. This allows the tutor to meet the particular needs of the group being taught. Therefore; extra time may be allocated for practice, whereas some groups may not need the extra time.

ADDITIONAL INFORMATION

Instructor/Student ratio:-

1:12

[If there are more than 12 students for each course, a second instructor is required]

Assessment Process

There are 'on-going' assessments during the course, on a practical basis. On completion of the course, a written paper is sat, in a multi-choice format, the pass rate being 80%. Instructors have the facility and discretion to explain the answers to the students, followed by the student re-sitting the test, with a different paper, if any student fails to reach the appropriate grade.

Certification

On successful completion of the course, each student is awarded a certificate relevant to that particular course.

The certificate will be valid for a period of 3 years, effective from date of course end.

Re-qualification

If the students attend a re-qualification course before their qualification expires, they will receive a new certificate, again with a validity of 3 years.

The re-qualification course is of 1 day duration.

Boldface items comprise the re-qualification components.