**Sports Medicine 1 Final Exam Review**

**Fundamentals of Body Movement**

1. What is the difference between the Fundamental Standing Position and Anatomical Position?
2. Which side of the body is Anterior?
3. Which side of the body is Posterior?
4. What is the difference between proximal and distal?
5. What is the midline?
6. What is the position called for lying face down?
7. What is the difference between superior and inferior?
8. Give an example of flexion
9. Give an example of extension
10. What is the difference between protraction and retraction?
11. What is the difference between inversion and eversion?
12. Give an example of circumduction
13. What is lateral flexion?

**Injury Evaluation**

1. Where is the carotid pulse?
2. What areas of the body does the carotid supply blood to?
3. Where is the brachial pulse?
4. What areas of the body does the brachial pulse supply blood to?
5. Where is the radial pulse?
6. What areas does the radial pulse supply blood to?
7. True/False: You always have to evaluate bilaterally
8. Where are the femoral and tibial pulses?
9. What are clinical tests designed to test?
10. Why do you apply stress to an injured area?
11. List three things you can palpate for in an injury
12. List three things you can observe in an injury
13. What does HIPS/HOPS stand for?

**Injury Recognition**

1. What is the difference between an acute and chronic injury? Give an example of each.
2. Name all the injury mechanical forces.
3. What injuries can come from those three mechanical forces?
4. What are the differences between a 1st, 2nd, and 3rd degree sprain/strain?
5. What is the difference a sprain and a strain?
6. What is tachycardia?
7. What is a partial dislocation called?
8. What causes myositis ossificans?
9. What is the MOI for apophysitis?
10. What is a blowout fracture?
11. What causes a stress fracture?
12. What is a dislocation?

**Injury Management**

1. What is the acronym for acute injury management?

For the next 4 go through each letter of the acronym and say what it stands for, and what it accomplishes.

1. Letter 1: \_\_\_

What it stands for:

What its meant to accomplish:

1. Letter 2: \_\_\_

What it stands for:

What its meant to accomplish:

1. Letter 3: \_\_\_

What it stands for:

What its meant to accomplish:

1. Letter 4: \_\_\_

What it stands for:

What its meant to accomplish:

Explain how you would specifically treat the 5 following injuries using acute injury management.

1. Football player twists his ankle, its very swollen.
2. Baseball player gets hit in the face with a baseball and has a black eye.
3. Softball player injures her shoulder throwing a softball.
4. Basketball player has patellar tendonitis.
5. Soccer player gets cleated during a game and has a large hematoma on his lower calf.
6. What is cryotherapy?
7. What is cryokinetics?
8. What injuries can cryotherapy help with?

**Acute soft tissue healing**

1. What is the circulatory system?
2. What is the organ that mainly works with the circulatory system?
3. What is the lymph system?
4. What carries oxygenated blood to the capillaries?
5. What carries deoxygenated blood back to the heart?
6. What filters the lymph?
7. During phase 1- the reactive stage, what happens?
8. What are some signs and symptoms of this stage?
9. During phase 2- repair and regeneration, what happens?
10. What are some signs and symptoms of this stage?
11. During phase 3- remodeling, what happens?
12. What are some signs and symptoms of this stage?
13. What is lysis?
14. What is synthesis?

**Sports Law**

1. What does HIPPA stand for?
2. What does SOAP stand for?
3. What does FERPA stand for?
4. What are the two methods for record keeping?
5. What is liability?
6. What is tort?
7. What is negligence?
8. What is act of commission?
9. What is act of omission?
10. What are the 4 things that need to be present in a negligence case?
11. Give an example of a negligent action.
12. What is the good Samaritan law?
13. What are statutes of limitation?

**Sports medicine team**

1. Wat does performance enhancement meant?
2. Give 2 examples of professions that fall under the performance enhancement umbrella.
3. What does injury care and management mean?
4. Give two examples of professions that fall under the injury care and management umbrella.
5. Why is it important to have a comprehensive sports medicine team?
6. What are the benefits of professional organizations in regards to sports medicine?
7. Wat three certifications must you have to become an employed certified athletic trainer?
8. Essentially, what is the role of an athletic trainer?
9. What should be the number one concern of the sports med team?
10. True/False: the family of the athlete is not relevant in making decisions for injured athlete?
11. If there is not an AT the school, who is responsible for the health and safety of the athletes?
12. What are three ways that a coach can prevent injuries?
13. What are three settings an AT can work in?

**First Aid**

1. List two reasons why you should learn first aid?
2. What are the four types of wounds?
3. What is an abrasion? Give an example.
4. What are lacerations? Give an example.
5. What is a puncture wound? Give an example.
6. If there is a puncture would, should you remove the object if it is stuck?
7. What are bite wounds (animal or human? ) Give an example.
8. What is the universal precaution? Why is it important to treat every injury this way?
9. Describe all steps in first aid wound treatment.
10. Describe all steps for severe wound treatment.
11. Describe steps for treating a nose bleed.
12. What are the steps for CPR when arriving at the scene?
13. How do you perform chest compressions and rescue breaths?
14. What is an AED? When is it used? Where is it located in the school?
15. What is an Emergency action plan? What should it address?