Study Guide

Test #1

Chapters 1-4

Chapter 1

* Acute vs Chronic Injuries
* Mechanism of injury
  + Critical Force
* Intrinsic vs Extrinsic causes of injury
* Causative factors in injuries
* Body Tissues:
  + Ligaments vs Tendons
  + Fascia
  + Cartilage
  + Bone
* Catastrophic Injury
* Sprain vs Strain
* Stress Fractures
* Dislocations
* Contusions
* Sport Classifications

Chapter 2

* Sports Medicine Team
* BOC-certified athletic trainers
  + Role
  + How to become one
* CAATE

Chapter 3

* Tort
* Negligence
* Proximate Cause
* Duty
* Omission
* Assumption of Risk
* Breach of Duty
* Contributory/Comparative negligence
* HIPAA
* Good Samaritan Law

Chapter 4

* Extrinsic vs Intrinsic factors
* Environment and Athletic Facility
* Periodization model for conditioning
* Joint ROM
* Muscle endurance
* Muscle power
* Anaerobic vs Aerobic activity
* Stretching
  + Ballistic
  + Static
  + PNF
  + Dynamic
* Musculoskeletal risk factors (pg 46)
* Pre-participation physical evaluations (PPE)
* Contents of a conditioning program
* Periodized programs (55)

Also take a look at

* the scenarios
* Directional and Movement Vocabulary