

Standards Correlations

Sports Medicine/Athletic Training I (7660—36 weeks/280 hours and 8316—36 weeks/140 hours)

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Demonstrating Personal Qualities and Abilities			
Demonstrate creativity and innovation.	<p>English: 6.1, 6.3, 6.4, 6.6, 6.7, 6.9, 7.1, 7.3, 7.4, 7.6, 7.7, 7.9, 8.1, 8.3, 8.4, 8.6, 8.7, 8.9, 9.1, 9.5, 9.6, 9.8, 10.1, 10.5, 10.6, 10.8, 11.1, 11.5, 11.6, 11.8, 12.1, 12.5, 12.6, 12.8</p> <p>History and Social Science: CE.1, CE.4, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WG.4, WHI.1, WHII.1</p> <p>Mathematics: 6.1, 6.2, 6.3, 6.4, 6.5, 6.6, 6.7, 6.10, 6.11, 6.12, 7.2, 7.3, 7.8, 7.9, 8.2, 8.4, 8.6, 8.7, 8.11, 8.12, 8.17, 8.18, A.9, AFDA.3, AFDA.4, AFDA.5, AFDA.6, AFDA.7, AFDA.8, AII.9, COM.1, COM.3, COM.4, COM.5, COM.8, DM.7, DM.1*, DM.10, DM.2*, DM.3*, PS.3*, PS.4*, PS.7*, PS.9*, PS.10*</p> <p>Science: 6.1, BIO.1, CH.1, ES.1, LS.1, PS.1</p>		
Demonstrate critical thinking and problem solving.	<p>English: 6.1, 6.3, 6.4, 6.5, 6.6, 6.7, 6.9, 7.1, 7.3, 7.4, 7.5, 7.6, 7.7, 7.9, 8.1, 8.3, 8.4, 8.5, 8.6, 8.7, 8.9, 9.1, 9.5, 9.6, 9.8, 10.1, 10.5, 10.6, 10.8, 11.1, 11.5, 11.6, 11.8, 12.1, 12.5, 12.6, 12.8</p> <p>History and Social Science: CE.1, CE.4, CE.11, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WG.4, WHI.1, WHII.1</p> <p>Mathematics: 6.1, 6.2, 6.3, 6.4, 6.5, 6.6, 6.10, 6.11, 7.2, 7.3, 7.8, 7.12, 7.13, 8.2, 8.4, 8.8, 8.9, 8.10, 8.11, A.8, A.9, G.1, G.13, G.14, AFDA.3, AFDA.5, AFDA.8, AII.9, AII.10, AII.11, COM.1, COM.3, COM.4,</p>		

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
	COM.5, COM.8, DM.4, DM.7, DM.1*, DM.2*, DM.3*, DM.9*, PS.9*, PS.10* Science: 6.1, BIO.1, CH.1, ES.1, LS.1, PS.1		
Demonstrate initiative and self-direction.	English: 6.1, 6.4, 6.6, 6.7, 6.9, 7.1, 7.4, 7.6, 7.7, 7.9, 8.1, 8.4, 8.6, 8.7, 8.9, 9.1, 9.5, 9.6, 9.8, 10.1, 10.5, 10.6, 10.8, 11.1, 11.5, 11.6, 11.8, 12.1, 12.5, 12.6, 12.8 History and Social Science: CE.1, CE.4, CE.11, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1		
Demonstrate integrity.	English: 6.1, 7.1, 8.1, 9.1, 9.5, 10.1, 10.5, 11.1, 11.5, 12.1, 12.5 History and Social Science: CE.1, CE.3, CE.4, GOVT.1, GOVT.16, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1		
Demonstrate work ethic.	English: 6.1, 7.1, 8.1, 9.1, 10.1, 11.1, 12.1 History and Social Science: CE.1, CE.4, CE.14, GOVT.1, GOVT.16, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Science: CH.1		
Demonstrating Interpersonal Skills			
Demonstrate conflict-resolution skills.	English: 6.1, 6.2, 6.4, 6.6, 6.7, 6.9, 7.1, 7.2, 7.4, 7.6, 7.7, 7.9, 8.1, 8.2, 8.4, 8.6, 8.7, 8.9, 9.1, 10.1, 11.1, 12.1 History and Social Science: CE.1, CE.4, GOVT.1, USI.1, VUS.1		
Demonstrate listening and speaking skills.	English: 6.1, 6.2, 6.4, 6.6, 7.1, 7.2, 7.4, 7.6, 8.1, 8.2, 8.4, 8.6, 9.1, 10.1, 11.1, 12.1 History and Social Science: CE.1, CE.4, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1		
Demonstrate respect for diversity.	English: 6.1, 7.1, 8.1, 9.1, 10.1, 11.1, 12.1 History and Social Science: CE.1, CE.3, CE.4, GOVT.1, GOVT.16, USI.1, USII.1, USII.9, VUS.1, VUS.13, WG.1, WHI.1, WHII.1		

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Demonstrate customer service skills.	English: 6.1, 6.4, 6.7, 7.1, 7.4, 7.7, 8.1, 8.4, 8.7, 9.1, 9.5, 9.6, 10.1, 10.5, 10.6, 11.1, 11.5, 11.6, 12.1, 12.5, 12.6 History and Social Science: CE.1, CE.4, GOVT.1, GOVT.16, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1		
Collaborate with team members	English: 6.1, 7.1, 8.1, 9.1, 10.1, 11.1, 12.1 History and Social Science: CE.1, CE.3, CE.4, GOVT.1, GOVT.16, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1		
Demonstrating Professional Competencies			
Demonstrate big-picture thinking.	English: 6.1, 6.4, 7.1, 7.4, 8.1, 8.4, 9.1, 9.5, 10.1, 10.5, 11.1, 11.5, 12.1, 12.5 History and Social Science: CE.1, CE.4, CE.12, GOVT.1, GOVT.15, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1		
Demonstrate career- and life-management skills.	English: 6.1, 6.7, 7.1, 7.7, 8.1, 8.7, 9.1, 9.6, 10.1, 10.6, 11.1, 11.6, 12.1, 12.6 History and Social Science: CE.1, CE.4, CE.12, CE.14, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Mathematics: 8.4		
Demonstrate continuous learning and adaptability.	English: 6.1, 6.4, 6.7, 6.9, 7.1, 7.4, 7.7, 7.9, 8.1, 8.4, 8.7, 8.9, 9.1, 9.5, 9.6, 9.8, 10.1, 10.5, 10.6, 10.8, 11.1, 11.5, 11.6, 11.8, 12.1, 12.5, 12.6, 12.8 History and Social Science: CE.1, CE.3, CE.4, CE.14, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Science: BIO.1, CH.1, LS.1, PH.1, PH.4, PS.1		
Manage time and resources.	English: 6.1, 6.2, 6.4, 6.7, 6.9, 7.1, 7.2, 7.4, 7.7, 7.9, 8.1, 8.2, 8.4, 8.7, 8.9, 9.1, 9.5, 9.6, 9.8, 10.1, 10.5, 10.6, 10.8, 11.2, 11.5, 11.6, 11.8, 12.2, 12.5, 12.6, 12.8		

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
	History and Social Science: CE.1, CE.4, CE.11, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Mathematics: 6.10, 6.11, 6.12, 7.2, 7.3, 7.8, 7.9, 7.10, 7.11, 7.12, 7.13, 8.4, 8.11, 8.12, 8.13, 8.14, 8.17, 8.18, A.4, A.5, A.8, A.9, AFDA.3, AFDA.4, AFDA.5, AFDA.6, AFDA.7, AFDA.8, COM.1, COM.3, COM.5, COM.8		
Demonstrate information-literacy skills.	English: 6.1, 6.2, 6.4, 6.6, 6.7, 6.9, 7.1, 7.2, 7.3, 7.4, 7.6, 7.7, 7.9, 8.1, 8.2, 8.3, 8.4, 8.6, 8.7, 8.9, 9.2, 9.5, 9.6, 9.8, 10.2, 10.5, 10.6, 10.8, 11.2, 11.5, 11.6, 11.8, 12.2, 12.5, 12.6, 12.8 History and Social Science: CE.1, CE.4, CE.14, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Mathematics: 6.10, 6.11, 7.8, 7.9, 8.11, 8.12, A.8, A.9, AFDA.3, AFDA.4, AFDA.6, AFDA.7, AFDA.8, DM.8, PS.1*, PS.2*, PS.3*, PS.4*, PS.7*, PS.8*, PS.9*, PS.10* Science: 6.1, BIO.1, CH.1, ES.1, LS.1, PH.1, PS.1		
Demonstrate an understanding of information security.	English: 6.1, 6.2, 6.3, 6.4, 6.6, 6.7, 6.8, 6.9, 7.1, 7.2, 7.3, 7.4, 7.6, 7.7, 7.8, 7.9, 8.1, 8.2, 8.3, 8.4, 8.6, 8.7, 8.8, 8.9, 9.1, 9.2, 9.5, 9.6, 9.8, 10.1, 10.2, 10.5, 10.6, 10.8, 11.1, 11.2, 11.5, 11.6, 11.8, 12.1, 12.2, 12.5, 12.6, 12.8 History and Social Science: CE.1, CE.4, CE.14, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Mathematics: COM.10		
Maintain working knowledge of current information-technology (IT) systems.	English: 6.1, 6.3, 6.4, 6.6, 6.9, 7.1, 7.3, 7.4, 7.6, 7.9, 8.1, 8.3, 8.4, 8.6, 8.9 History and Social Science: CE.1, CE.4, CE.14, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Mathematics: 7.8, COM.1, COM.2, COM.7, COM.9, COM.10, COM.11, COM.16, COM.18, PS.17 Science: BIO.1, CH.1, ES.1, PH.1		

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Demonstrate proficiency with technologies, tools, and machines common to a specific occupation.	History and Social Science: CE.1, CE.4, CE.14, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Mathematics: 6.10, 6.11, 7.9, 8.4, A.7, A.8, A.9, AFDA.1, AFDA.3, AFDA.5, AII.4, AII.7, AII.9, COM.1, COM.7, COM.10, COM.11, COM.12, COM.16 Science: CH.1, ES.1, LS.1, PH.1, PS.1		
Apply mathematical skills to job-specific tasks.	English: 6.4, 6.6, 6.7, 7.4, 7.6, 7.7, 8.4, 8.6, 8.7, 9.5, 9.6, 10.5, 10.6, 11.5, 11.6, 12.5, 12.6 History and Social Science: CE.1, CE.4, CE.14, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Mathematics: 6.1, 6.2, 6.5, 6.6, 6.12, 6.13, 6.14, 7.1, 7.2, 7.3, 7.4, 7.5, 7.6, 7.8, 7.9, 7.11, 7.12, 7.13, 8.4, 8.5, 8.6, 8.8, 8.9, 8.10, 8.11, 8.12, 8.13, 8.14, 8.15, 8.16, 8.17, 8.18, A.1, A.3, A.4, A.5, A.7, A.8, A.9, AFDA.1, AFDA.3, AFDA.5, AFDA.8, AII.3, AII.7, AII.9, AII.10, COM.1, COM.7 Science: 6.1, BIO.1, CH.1, ES.1, LS.1, PH.1, PS.1		
Demonstrate professionalism.	English: 6.1, 7.1, 8.1, 9.1, 10.1, 11.1, 12.1 History and Social Science: CE.1, CE.4, CE.14, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1		
Demonstrate reading and writing skills.	English: 6.1, 6.6, 6.7, 7.1, 7.6, 7.7, 8.1, 8.6, 8.7, 9.1, 9.5, 9.6, 9.7, 10.1, 10.5, 10.6, 10.7, 11.1, 11.5, 11.6, 11.7, 12.1, 12.5, 12.6, 12.7 History and Social Science: CE.1, CE.4, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Science: 6.1, PH.1, PS.1		
Demonstrate workplace safety.	English: 6.4, 7.4, 8.4, 9.5, 10.5, 11.5, 12.5 History and Social Science: CE.1, CE.4, GOVT.1, USI.1, USII.1, VUS.1, WG.1, WHI.1, WHII.1 Science: CH.1		

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Examining All Aspects of an Industry			
Examine aspects of planning within an industry/organization.	History and Social Science: GOVT.16		
Examine aspects of management within an industry/organization.			
Examine aspects of financial responsibility within an industry/organization.			
Examine technical and production skills required of workers within an industry/organization.			
Examine principles of technology that underlie an industry/organization.			
Examine labor issues related to an industry/organization.	History and Social Science: GOVT.16		

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Examine community issues related to an industry/organization.	History and Social Science: GOVT.16		
Examine health, safety, and environmental issues related to an industry/organization.	History and Social Science: GOVT.16		
Addressing Elements of Student Life			
Identify the purposes and goals of the student organization.			
Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.			
Demonstrate leadership skills through participation in student organization activities, such as			

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meetings, programs, and projects.			
Identify Internet safety issues and procedures for complying with acceptable use standards.			
Exploring Work-based Learning			
Identify the types of work-based learning (WBL) opportunities.			
Reflect on lessons learned during the WBL experience.			
Explore career opportunities related to the WBL experience.			
Participate in a WBL experience, when appropriate.			

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Obtaining First Aid and CPR/AED Education			
Explain bloodborne pathogens and the importance of universal precautions.	English: 11.5, 12.5 History and Social Sciences: GOVT.16		Health Science Events • Medical Spelling Medical Terminology
Comply with the clinical site-specific exposure control plan.	English: 11.5, 11.8, 12.5, 12.8 History and Social Sciences: GOVT.16		
Explain the role of OSHA in the sports medicine profession.	English: 11.5, 11.8, 12.5, 12.8 History and Social Sciences: GOVT.16		Health Professions Events • Sports Medicine Teamwork Events Biomedical Debate
Complete a nationally recognized certification for first aid.	English: 11.5, 11.8, 12.5, 12.8 History and Social Sciences: GOVT.16		Health Science Events • Medical Spelling • Medical Terminology Health Professions Events • Sports Medicine

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
			Emergency Preparedness Events CPR/First Aid
Identify sports first-aid topics not included in a typical first-aid course.	English: 11.5, 11.8, 12.5, 12.8 History and Social Sciences: GOVT.16		
Identify the components of a primary and secondary survey.	English: 11.5, 12.5 History and Social Sciences: GOVT.16		Health Science Events • Medical Terminology Health Professions Events Sports Medicine
Complete a nationally recognized certification in CPR/AED.	English: 11.5, 11.8, 12.5, 12.8 History and Social Sciences: GOVT.16		Health Science Events • Medical Spelling • Medical Terminology Health Professions Events • Sports Medicine Emergency Preparedness Events CPR/First Aid

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Assessing Injuries and Illnesses			
Explain the role of the secondary school student aide (SA) in recognizing an injury.	English: 11.5, 11.8, 12.5, 12.8 History and Social Sciences: GOVT.16		Health Professions Events Sports Medicine
Explain the scope and limitations of the secondary school SA when providing first aid.	English: 11.5, 12.5 History and Social Sciences: VUS.1, GOVT.1, GOVT.16	Section 1 The Scientific Rationale for Integrated Thinking <ul style="list-style-type: none"> • Explain the history of the profession of personal training. • Identify common characteristics of personal training clients. • Demonstrate an understanding of the principles of integrated exercise program design. Describe the Optimum Performance Training (OPT™) model.	Emergency Preparedness Events CPR/First Aid
Explain the scope and limitations of the secondary school SA when assessing injury or illness.	English: 11.5, 12.5 History and Social Sciences: VUS.1, GOVT.1, GOVT.16	Section 1 Developing a Successful Personal Training Business <ul style="list-style-type: none"> • Describe the qualities and characteristics of uncompromising customer service. 	Health Professions Events Sports Medicine

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		<ul style="list-style-type: none"> • Describe strategies for finding an ideal workplace. • Understand the process for writing a resume. • Understand the four Ps of marketing. <p>Understand basic membership sales techniques, including strategies for solicitation of new sales and how to close sales.</p>	
Understanding Human Anatomy and Physiology			
Explain the integumentary system.	<p>English: 11.5, 12.5</p> <p>Science: BIO.6</p>		<p>Health Science Events</p> <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology <p>Health Professions Events</p> <ul style="list-style-type: none"> • Sports Medicine <p>Teamwork Events</p> <ul style="list-style-type: none"> • HOSA Bowl

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
			NGL-ATC Events Anatomy and Physiology
Explain the musculoskeletal system.	English: 11.5, 12.5 Science: BIO.6	Section 3 Basic Exercise Science <ul style="list-style-type: none"> • Define the components of the human movement system (kinetic chain). • Explain the basic structure and function of <ul style="list-style-type: none"> ○ the nervous system ○ the skeletal system ○ the muscular system ○ the endocrine system. Describe how these systems respond and adapt to exercise.	Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events <ul style="list-style-type: none"> • HOSA Bowl NGL-ATC Events <ul style="list-style-type: none"> • Anatomy and Physiology
Explain the cardiovascular and circulatory systems.	English: 11.5, 11.8, 12.5, 12.8 Science: BIO.6	Section 3 The Cardiorespiratory System <ul style="list-style-type: none"> • Describe the structure and function of the cardiovascular and respiratory systems. • Explain how each of these systems relates to human movement. 	Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<ul style="list-style-type: none"> Describe how the cardiovascular and respiratory systems work in unison. <p>Explain the influence that dysfunctional breathing can have on the human movement system.</p>	<ul style="list-style-type: none"> HOSA Bowl <p>NGL-ATC Events</p> <p>Anatomy and Physiology</p>
Explain the respiratory system.	<p>English: 11.5, 12.5</p> <p>Science: BIO.6</p>	<p>Section 3 The Cardiorespiratory System</p> <ul style="list-style-type: none"> Describe the structure and function of the cardiovascular and respiratory systems. Explain how each of these systems relates to human movement. Describe how the cardiovascular and respiratory systems work in unison. Explain the influence that dysfunctional breathing can have on the human movement system. <p>Section 3 Exercise Metabolism and Bioenergetics</p> <ul style="list-style-type: none"> Describe the primary methods of how the body produces energy for exercise. 	<p>Health Science Events</p> <ul style="list-style-type: none"> Medical Spelling Medical Terminology <p>Health Professions Events</p> <ul style="list-style-type: none"> Sports Medicine <p>Teamwork Events</p> <ul style="list-style-type: none"> HOSA Bowl <p>NGL-ATC Events</p> <ul style="list-style-type: none"> Anatomy and Physiology

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		<ul style="list-style-type: none"> • Differentiate between aerobic and anaerobic metabolism. • Distinguish which energy pathways predominate for various intensities and durations of exercise. • Understand the interaction of carbohydrate, fat, and protein as fuels for exercise. • State the differences in the energy use during steady state and exhaustive exercise. • Discriminate between the energy requirements of steady state versus intermittent exercise. <p>Describe basic training-induced adaptations in energy production.</p>	
Explain the nervous system.	<p>English: 11.5, 12.5</p> <p>Science: BIO.6</p>	<p>Section 3 Basic Exercise Science</p> <ul style="list-style-type: none"> • Define the components of the human movement system (kinetic chain). • Explain the basic structure and function of <ul style="list-style-type: none"> ○ the nervous system ○ the skeletal system 	<p>Health Science Events</p> <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology <p>Health Professions Events</p> <ul style="list-style-type: none"> • Sports Medicine <p>Teamwork Events</p>

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		<ul style="list-style-type: none"> ○ he muscular system ○ the endocrine system. <p>Describe how these systems respond and adapt to exercise.</p>	<ul style="list-style-type: none"> • HOSA Bowl <p>NGL-ATC Events</p> <p>Anatomy and Physiology</p>
(Optional) Explain the urinary system.	<p>English: 11.5, 12.5</p> <p>Science: BIO.6</p>		<p>Health Science Events</p> <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology <p>Health Professions Events</p> <ul style="list-style-type: none"> • Sports Medicine <p>Teamwork Events</p> <ul style="list-style-type: none"> • HOSA Bowl <p>NGL-ATC Events</p> <p>Anatomy and Physiology</p>
(Optional) Explain the female reproductive system.	<p>English: 11.5, 12.5</p>		<p>Health Science Events</p> <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology <p>Health Professions Events</p> <ul style="list-style-type: none"> • Sports Medicine <p>Teamwork Events</p>

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
			<ul style="list-style-type: none"> • HOSA Bowl NGL-ATC Events • Anatomy and Physiology
(Optional) Explain the male reproductive system.	English: 11.5, 12.5		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events HOSA Bowl
Explain the lymphatic and immune systems as they relate to inflammatory response after injury.	English: 11.5, 12.5 Science: BIO.6		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events

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			HOSA Bowl
(Optional) Explain the digestive system.	English: 11.5, 12.5 Science: BIO.6		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events <ul style="list-style-type: none"> • HOSA Bowl NGL-ATC Events <ul style="list-style-type: none"> • Anatomy and Physiology
Explain the endocrine system.	English: 11.5, 12.5 Science: BIO.6	Section 3 Basic Exercise Science <ul style="list-style-type: none"> • Define the components of the human movement system (kinetic chain). • Explain the basic structure and function of <ul style="list-style-type: none"> ○ the nervous system ○ the skeletal system ○ the muscular system ○ the endocrine system. 	Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events <ul style="list-style-type: none"> • HOSA Bowl

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		Describe how these systems respond and adapt to exercise.	NGL-ATC Events <ul style="list-style-type: none"> • Anatomy and Physiology
(Optional) Explain the sensory system.	English: 11.5, 12.5 Science: BIO.6		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events <ul style="list-style-type: none"> • HOSA Bowl NGL-ATC Events <ul style="list-style-type: none"> • Anatomy and Physiology
Understanding Nutrition			

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Explain the basics of nutrition.	English: 11.5, 11.8, 12.5, 12.8	<p>Section 3 Nutrition</p> <ul style="list-style-type: none"> • Describe the macronutrients and their functions. • Describe how the macronutrient composition of an individual's food intake can affect satiety, compliance, daily energy expenditure, and weight control. • Provide basic nutritional recommendations for optimizing health. <p>Answer questions, handle issues, and dispel myths regarding the relationship of macronutrients to the successful alteration of body composition.</p>	<p>Health Science Events</p> <ul style="list-style-type: none"> • Health Science Events • Nutrition <p>Teamwork Events</p> <p>HOSA Bowl</p>
Explain factors that affect nutrition.	English: 11.5, 12.5	What effect could prescription medications have on nutrition?	<p>Health Science Events</p> <ul style="list-style-type: none"> • Nutrition <p>Teamwork Events</p> <p>HOSA Bowl</p>
Explain how nutritional needs are affected by physical activity.	English: 11.5, 12.5	<p>Sections 2 & 4</p> <ul style="list-style-type: none"> • Review fitness assessment considerations. • Review concepts for program design. 	<p>Health Science Events</p> <ul style="list-style-type: none"> • Nutrition

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<ul style="list-style-type: none"> • Describe hydration concepts. • Identify fitness technologies and trends. • Describe behavior change strategies for client results. • Describe exam taking best practices and preparation. <p>Section 3 Nutrition</p> <ul style="list-style-type: none"> • Describe the macronutrients and their functions. • Describe how the macronutrient composition of an individual's food intake can affect satiety, compliance, daily energy expenditure, and weight control. • Provide basic nutritional recommendations for optimizing health. • Answer questions, handle issues, and dispel myths regarding the relationship of macronutrients to the successful alteration of body composition. <p>Section 3 Supplementation</p> <ul style="list-style-type: none"> • Define what dietary supplements are and describe 	

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<p>the various classes and uses of them.</p> <ul style="list-style-type: none"> • Understand basic supplemental recommendations for optimizing health. • Respond to questions about dietary supplements based on objective, scientific facts. • Define the term ergogenic and common substances used to enhance performance. <p>Section 3 Exercise Metabolism and Bioenergetics</p> <ul style="list-style-type: none"> • Describe the primary methods of how the body produces energy for exercise. • Differentiate between aerobic and anaerobic metabolism. • Distinguish which energy pathways predominate for various intensities and durations of exercise. • Understand the interaction of carbohydrate, fat, and protein as fuels for exercise. 	

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<ul style="list-style-type: none"> State the differences in the energy use during steady state and exhaustive exercise. Discriminate between the energy requirements of steady state versus intermittent exercise. <p>Describe basic training-induced adaptations in energy production.</p>	
<p>Explain the relationship between nutrition and injury, illness, and health conditions.</p>	<p>English: 11.5, 12.5</p> <p>History and Social Sciences: VUS.1, GOVT.1</p>	<p>Section 6 Chronic Health Conditions and Physical or Functional Limitations</p> <ul style="list-style-type: none"> Define and describe the cause and symptoms of selected chronic health conditions. Describe the characteristics of selected health and age-related physical and functional limitations to exercise. Recognize how the conditions discussed in this chapter affect exercise training variables within the OPT™ model. Recognize how acute and chronic responses to exercise vary in clients with chronic health conditions or physical or 	<p>Health Science Events</p> <ul style="list-style-type: none"> Nutrition <p>Teamwork Events</p> <p>HOSA Bowl</p>

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<p>functional limitations compared with healthy clients.</p> <ul style="list-style-type: none"> Describe how to modify program design for clients with chronic health and physical or functional limitations. <p>Section 2 & 4</p> <ul style="list-style-type: none"> Review fitness assessment considerations. Review concepts for program design. Describe hydration concepts. Identify fitness technologies and trends. Describe behavior change strategies for client results. Describe exam taking best practices and preparation. <p>Section 2 The Scientific Rationale for Integrated Thinking</p> <ul style="list-style-type: none"> Explain the history of the profession of personal training. Identify common characteristics of personal training clients. 	

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<ul style="list-style-type: none"> • Demonstrate an understanding of the principles of integrated exercise program design. • Describe the Optimum Performance Training (OPT™) model. <p>Section 3 Nutrition</p> <ul style="list-style-type: none"> • Describe the macronutrients and their functions. • Describe how the macronutrient composition of an individual's food intake can affect satiety, compliance, daily energy expenditure, and weight control. • Provide basic nutritional recommendations for optimizing health. <p>Answer questions, handle issues, and dispel myths regarding the relationship of macronutrients to the successful alteration of body composition.</p>	
Perform a nutritional analysis.	<p>English: 11.5, 11.6, 12.5, 12.6</p> <p>History and Social Sciences: VUS.1, GOVT.1</p>	<p>Section 3 Nutrition</p> <ul style="list-style-type: none"> • Describe the macronutrients and their functions. 	<p>Health Science Events</p> <ul style="list-style-type: none"> • Nutrition <p>Teamwork Events</p>

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<ul style="list-style-type: none"> • Describe how the macronutrient composition of an individual’s food intake can affect satiety, compliance, daily energy expenditure, and weight control. • Provide basic nutritional recommendations for optimizing health. • Answer questions, handle issues, and dispel myths regarding the relationship of macronutrients to the successful alteration of body composition. <p>Section 4 Fitness Assessment</p> <ul style="list-style-type: none"> • Explain the components of and rationale for an integrated fitness assessment. • Understand how to administer a health history questionnaire and then from that be able to stratify a client’s overall risk for fitness assessment. • Understand the importance of posture, how it relates to movement observation, and how to assess it. 	<ul style="list-style-type: none"> • HOSA Bowl <p>Health Professions Events</p> <p>Clinical Specialty</p>

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		Understand how to perform a comprehensive health-related fitness assessment, obtain subjective and objective information about clients, and how to use the information collected to help design an exercise program.	
Interpret a nutritional analysis.	<p>English: 11.5, 11.8, 12.5, 12.8</p> <p>History and Social Sciences: VUS.1, GOVT.1</p>	<p>Section 3 Nutrition</p> <ul style="list-style-type: none"> • Describe the macronutrients and their functions. • Describe how the macronutrient composition of an individual’s food intake can affect satiety, compliance, daily energy expenditure, and weight control. • Provide basic nutritional recommendations for optimizing health. • Answer questions, handle issues, and dispel myths regarding the relationship of macronutrients to the successful alteration of body composition. <p>Section 2 Lifestyle Modification and Behavioral Coaching</p> <ul style="list-style-type: none"> • Describe the characteristics of a positive client experience. 	<p>Health Science Events</p> <ul style="list-style-type: none"> • Nutrition <p>Teamwork Events</p> <p>HOSA Bowl</p>

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<ul style="list-style-type: none"> • Understand the stages of change model. • Describe characteristics of what effective communication skills are. <p>Describe the elements of effective SMART goal-setting techniques.</p>	
Understanding Medical Terminology			
Explain medical terminology commonly used in sports medicine.	English: 11.5, 11.8, 12.5, 12.8		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events Sports Medicine
Use appropriate medical terminology.	English: 11.1, 12.1		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events Sports Medicine

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Explain commonly used prefixes and suffixes in medical terminology.	English: 11.3, 11.5, 12.3, 12.5		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events Sports Medicine
Understanding Injuries and Illnesses			
Explain that a sprain is an injury to a ligament.	English: 11.5, 12.5		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events Sports Medicine
Explain that a strain is an injury to a muscle or tendon.	English: 11.5, 12.5		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events Sports Medicine

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Explain that a fracture is an injury to a bone.	English: 11.5, 12.5		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events Sports Medicine
Demonstrate knowledge of basic taping and wrapping techniques for musculoskeletal injuries.	English: 11.5, 12.5		Health Science Events <ul style="list-style-type: none"> • Medical Terminology Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Health Professions Events Clinical Specialty
Identify catastrophic injuries.	English: 11.5, 11.8, 12.5, 12.8	Section 6 Chronic Health Conditions and Physical or Functional Limitations <ul style="list-style-type: none"> • Define and describe the cause and symptoms of selected chronic health conditions. • Describe the characteristics of selected health and age-related physical and functional limitations to exercise. • Recognize how the conditions discussed in this chapter affect 	Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events Sports Medicine

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<p>exercise training variables within the OPT™ model.</p> <ul style="list-style-type: none"> Recognize how acute and chronic responses to exercise vary in clients with chronic health conditions or physical or functional limitations compared with healthy clients. <p>Describe how to modify program design for clients with chronic health and physical or functional limitations.</p>	
Identify neurological and brain injuries and conditions.	English: 11.5, 11.8, 12.5, 12.8		<p>Health Science Events</p> <ul style="list-style-type: none"> Medical Spelling Medical Terminology <p>Health Professions Events</p> <p>Sports Medicine</p>
Identify infectious and contagious diseases related to physical activity.	English: 11.5, 12.5		<p>Health Science Events</p> <ul style="list-style-type: none"> Medical Spelling Medical Terminology <p>Health Professions Events</p> <p>Sports Medicine</p>

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Identify other health conditions that affect participation in physical activity.	English: 11.5, 12.5	<p>Section 6 Chronic Health Conditions and Physical or Functional Limitations</p> <ul style="list-style-type: none"> • Define and describe the cause and symptoms of selected chronic health conditions. • Describe the characteristics of selected health and age-related physical and functional limitations to exercise. • Recognize how the conditions discussed in this chapter affect exercise training variables within the OPT™ model. • Recognize how acute and chronic responses to exercise vary in clients with chronic health conditions or physical or functional limitations compared with healthy clients. <p>Describe how to modify program design for clients with chronic health and physical or functional limitations.</p>	<p>Health Science Events</p> <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology <p>Health Professions Events</p> <p>Sports Medicine</p>
Explain common psychological responses to injury.	English: 11.5, 12.5		<p>Health Science Event</p> <p>Behavioral Health</p>

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Understanding Legal and Ethical Issues in Sports Medicine			
Distinguish among misfeasance, malfeasance, nonfeasance, liability, and acts of commission and omission.	English: 11.3, 11.5, 12.3, 12.5 History and Social Sciences: GOVT.16		Health Science Events <ul style="list-style-type: none"> • Medical Terminology • Medical Law and Ethics Health Professions Events Sports Medicine
Explain the legal and ethical significance of documentation and record-keeping in sports medicine.	English: 11.5, 11.8, 12.5, 12.8 History and Social Sciences: VUS.1, GOVT.1, GOVT.16		Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events Biomedical Debate
Explain the purpose and importance of medical documentation.	English: 11.5, 12.5		Health Science Events <ul style="list-style-type: none"> • Medical Terminology • Medical Law and Ethics Health Professions Events Sports Medicine

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Document the history of an injury.	English: 11.5, 12.5		Health Science Events <ul style="list-style-type: none"> • Medical Spelling • Medical Terminology Health Professions Events Sports Medicine
Explain the legal and ethical significance of confidentiality in sports medicine.	English: 11.5, 11.8, 12.5, 12.8 History and Social Sciences: VUS.1, GOVT.1, GOVT.11, GOVT.16		Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events <ul style="list-style-type: none"> • Biomedical Debate Health Science Events <ul style="list-style-type: none"> • Medical Law and Ethics
Identify the legal practice limitations of SAs vs. paraprofessionals vs. professionals in sports medicine.	English: 11.5, 12.5 History and Social Sciences: VUS.1, GOVT.1, GOVT.16	Section 1 Developing a Successful Personal Training Business <ul style="list-style-type: none"> • Describe the qualities and characteristics of uncompromising customer service. 	Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Teamwork Events <ul style="list-style-type: none"> • Biomedical Debate Health Education

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		<ul style="list-style-type: none"> • Describe strategies for finding an ideal workplace. • Understand the process for writing a resume. • Understand the four Ps of marketing. <p>Understand basic membership sales techniques, including strategies for solicitation of new sales and how to close sales.</p>	
Identify the necessity of a client/patient referral to other healthcare professionals and practitioners.	English: 11.5, 11.8, 12.5, 12.8		
Explain the implications of the Americans with Disabilities Act (ADA) within the field of sports medicine.	<p>English: 11.5, 12.5</p> <p>History and Social Sciences: VUS.1, VUS.13, GOVT.1, GOVT.9, GOVT.11</p>		<p>Health Professions Events</p> <ul style="list-style-type: none"> • Sports Medicine <p>Teamwork Events</p> <ul style="list-style-type: none"> • Biomedical Debate <p>Health Education</p>

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
Explain the implications of cultural competence in the field of sports medicine.	English: 11.3, 11.5, 12.3, 12.5 History and Social Sciences: GOVT.3, GOVT.16		Health Science Event Cultural Diversities and Disparities
Describe ethical behavior within the sports medicine profession.	English: 11.5, 12.5 History and Social Sciences: GOVT.16	Section 1 Developing a Successful Personal Training Business <ul style="list-style-type: none"> • Describe the qualities and characteristics of uncompromising customer service. • Describe strategies for finding an ideal workplace. • Understand the process for writing a resume. • Understand the four Ps of marketing. Understand basic membership sales techniques, including strategies for solicitation of new sales and how to close sales.	Health Professions Events <ul style="list-style-type: none"> • Sports Medicine Health Science Events <ul style="list-style-type: none"> • Medical Law and Ethics
Exploring Sports Medicine Careers			

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
<p>Explain the continuing education requirements in sports medicine professions.</p>	<p>English: 11.5, 12.5</p>	<p>Section 1 The Scientific Rationale for Integrated Thinking</p> <ul style="list-style-type: none"> • Explain the history of the profession of personal training. • Identify common characteristics of personal training clients. • Demonstrate an understanding of the principles of integrated exercise program design. • Describe the Optimum Performance Training (OPT™) model. <p>Section 1 Developing a Successful Personal Training Business</p> <ul style="list-style-type: none"> • Describe the qualities and characteristics of uncompromising customer service. • Describe strategies for finding an ideal workplace. • Understand the process for writing a resume. • Understand the four Ps of marketing. <p>Understand basic membership sales techniques, including strategies for</p>	<p>Health Professions Events</p> <ul style="list-style-type: none"> • Sports Medicine <p>Leadership Events</p> <p>Job-Seeking Skills</p>

Task	SOL Correlations	NASM-Certified Personal Trainer Correlations	HOSA-Future Health Professionals Correlations
		solicitation of new sales and how to close sales.	
Identify organizations relevant to sports medicine professions.	English: 11.5, 11.8, 12.5, 12.8	<p>Section 1 The Scientific Rationale for Integrated Thinking</p> <ul style="list-style-type: none"> • Explain the history of the profession of personal training. • Identify common characteristics of personal training clients. • Demonstrate an understanding of the principles of integrated exercise program design. <p>Describe the Optimum Performance Training (OPT™) model.</p>	<p>Health Professions Events</p> <ul style="list-style-type: none"> • Sports Medicine <p>Teamwork Events</p> <p>Health Career Display</p>
Identify credentials recognized in the sports medicine profession.	<p>English: 11.5, 11.8, 12.5, 12.8</p> <p>History and Social Sciences: GOVT.15</p>	<p>Section 1 The Scientific Rationale for Integrated Thinking</p> <ul style="list-style-type: none"> • Explain the history of the profession of personal training. • Identify common characteristics of personal training clients. • Demonstrate an understanding of the principles of integrated exercise program design. <p>Describe the Optimum Performance Training (OPT) model.</p>	<p>Health Professions Events</p> <ul style="list-style-type: none"> • Sports Medicine <p>Leadership Events</p> <ul style="list-style-type: none"> • Job-Seeking Skills <p>Research Poster</p>

