

Equipment list – Sports Medicine – Course Number 25.44600

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****This is a suggested list by business/industry. Your lab is designed to provide clinical exposure that would best prepare your students for the workforce in your area.**

****Items and quantities may vary per item/school. You may also utilize your community partners/resources to provide access to some items.**

Equipment, supplies, textbooks, software	Standard	Comments	Optional – not required to teach curriculum
Lab tables/desks	General	32 Desk	
Lab chairs	General	32 Chairs	
Projector and interactive board	General	1 Interactive Panel	
Computers (laptops, tablets, etc.)	General	30 Chromebooks	
Color printer	General	1 Color Printer	
Sports Medicine textbooks/resource books/eBooks/online resources (class set)	General	Sports Med resource books	
Anatomy software/apps	General	Z-space computers in learning commons	
Miscellaneous/Basic Lab Items			
Treatment/exam table		8 treatment tables	
Cart taping station – medical, athletic tape, wraps		1 taping station	
Flat bench or mat table		1 flat bench	
Step risers (stackable steps)		Rehab room	
Floor mats		Rehab room	
Foam rollers		Rehab room	
Rolls of resistance bands and/or tubes – assorted levels		Rehab room	
Field bags (trainer bags)		Rehab room	
Jump ropes		Rehab room	
Freezer or ice machine		Room B-13	
Washer/Dryer		Room B-11	

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Electric screwdriver		Ag room	
Hand sanitizer		Multiple Locations	
Antimicrobial soap		Multiple locations	
Laundry soap		B-11	
Cleaners - Kimwipes (sanitation wipes – Clorox, Lysol, etc.)		Multiple locations	
Paper towels		Multiple locations	
PPE (assorted sizes; avoid latex products) - Gloves, masks, goggles, etc.		B-11	
Terry towels		B-11	
Athletic tape – 1 ½ “		Rehab room/ B-15	
Adhesive spray		Rehab room	
under wrap		Rehab room	
Heel lace pads		Rehab room	
Skin lube		Rehab room	
Moleskin for demonstration		Rehab room	
Skin marking pencils		Rehab room	
Kinesio tape - assorted		Rehab room	
Bandage scissors/cutters		Multiple Locations	
Plastic tape cutter (with snap in steel blade)		Rehab room	
Shark blades		Rehab room	
Standard 2			
Analyze anatomic positions, directional terms, movements, and postures as related to the appendicular skeleton.			
Human anatomical skeleton	SM 2	B-11	
Disarticulated skeleton	SM 2	B-11/ D-11	
Anatomy posters and various models	SM 2	B-11	
Ankle model	SM 2	B-11/d	
Knee model	SM 2	B-11	

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Shoulder model	SM 2	B-11	
Wrist and hand model	SM 2	B-11	
Hip model	SM 2	B-11	
Circulatory System Model	SM 2	B-11	
Standard 3 -			
Identify and utilize proper communication methods and scope of practice protocol that will demonstrate professional, ethical care within the physical medicine setting.			
EHR software	SM 3	Learning Commons	
Injury tracking software	SM 3	Learning Commons	
Standard 4 -			
Demonstrate injury classifications and evaluations.			
Derma/Skin models with infections, injuries, lacerations, trauma	SM 4	B-11	
goniometer	SM 4	Rehab room	
Moulage kit	SM 4	Multiple locations	
Light box/view box and/or digital equivalent	SM 4	Rehab room	
Standard 6 -			
Demonstrate the steps of Basic Life Support (BLS) with Automated External Defibrillator (AED). Assess and manage patients with bleeding, bony injuries, soft tissue as well as musculoskeletal injuries. Completion of this standard will enable students to obtain certifications in the American Heart Association (AHA) Basic Life Support, American Red Cross (ARC) CPR, or American Safety and Health Institute's (ASHI) CPR, as well			
Cinder suds (for demonstration)	SM 6	Rehab room	
Iso-quin (for demonstration)	SM 6	Rehab room	
Alcohol pads	SM 6	B-11/B-13	
Peroxide or alcohol	SM 6	Nurse Office	
Sterile eyewash	SM 6	B-9	
Paramedic shears (Superpro)	SM 6	Multiple Locations	
Vacuum splint	SM 6	Rehab room	
Double length elastic wrap – assorted sizes	SM 6	Rehab room	
Elastic wrap – 3"	SM 6	Rehab room	

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Elastic wrap – 4"	SM 6	Rehab room	
Elastic wrap – 6'	SM 6	Rehab room	
Triangular bandages	SM 6	Rehab room	
Adhesive bandages – assorted	SM 6	B-11	
Band-Aids	SM 6	B-11	
Gauze pads	SM 6	B-11	
Nonstick pads	SM 6	B-11	
Cotton balls	SM 6	B-11	
Cotton tip applicators	SM 6	B-11	
Tongue blades/depressors	SM 6	B-11	
toothpicks	SM 6	Multiple Locations	
Packs of antibiotic ointment	SM 6	Rehab room	
Topical analgesic	SM 6	Rehab room	
Splints, braces – assorted types and sizes (Universal splints)	SM 6	Rehab room	
Ice bag wrap with handle	SM 6	Rehab room	
Ice bags	SM 6	Rehab room	
CPR manikins with feedback device – pediatric, child, adult	SM 6	B-11	
CPR consumables (disposable lungs, face masks, pocket masks, etc.)	SM 6	B-11	
AED trainer with pads	SM 6	B-11	
Standard 7 -			
Identify and describe pathogens commonly encountered in physical medicine and demonstrate appropriate infection control principles.			
PPE (avoid latex) in assorted sizes	SM 7	B-11	
Biohazardous waste disposal bags and containers	SM 7	B-11	
Hand hygiene supplies	SM 7	Multiple Locations	
Standard 8			

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Analyze the anatomy, muscular structure, vascular structure, Range of Motion (ROM), Manual Muscle Tests (MMT) and special tests, as well as prevention and treatment, of the upper extremity.			
Muscle model arm	SM 8	B-11	
Upper extremity bracing, wrapping materials	SM 8	Rehab room	
Standard 9			
Analyze the anatomy, muscular structure, vascular structure, Range of Motion (ROM), Manual Muscle Tests (MMT) and special tests, as well as prevention and treatment, of the lower extremity.			
crutches	SM 9	Rehab room	
walker	SM 9	B-11	
canes	SM 9	B-11	
Gait belts	SM 9	B-11	
Muscle model leg	SM 9	Rehab room	
Lower extremity bracing, wrapping materials	SM 9	Rehab room	
Standard 10			
Analyze the anatomy, muscular structure, vascular structure, and describe the mechanisms, signs and symptoms and potential complications associated with head and facial injuries.			
Football helmets – (new or recycled). Can be outdated helmets from football program	SM 10	Rehab room	
Helmet face guard clips	SM 10	Rehab room	
Helmet remover	SM 10	Rehab room	
Pen lights	SM 10	B-13	
Head, face model	SM 10	Rehab room	
Cranial Nerve model	SM 10	Virtual	
Eye model	SM 10	B-11	
Ear model	SM 10	B-11	
Standard 11			

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Analyze the anatomy, muscular structure, vascular structure, ROM, MMT and special tests, as well as prevention and treatment, of the spine.			
Cervical collars	SM 11	Rehab room	
Backboards	SM 11	Rehab room	
Dry spine (and stand)	SM 11	Rehab room	
Spine boards with head immobilizer and straps	SM 11	Rehab room	
Anatomical Model of entire muscular system	SM 11	Science Lab	
Standard 12			
Analyze the anatomy, muscular structure, vascular structure, ROM, and special tests, as well as prevention and treatment, of the thoracic and abdominal regions.			
Anatomical Torso model with organs		B-11	
Standard 13			
Evaluate the importance of nutrition in physical medicine			
Body fat analyzer	SM 13	Rehab room	
Standard 14			
Demonstrate the process for basic assessment (i.e. vital signs, height, weight, etc.), monitoring, and reporting/recording patient/client's health status.			
Posture analysis station	SM 14	Rehab room	
Reflex hammers	SM 14	Rehab room	
Tuning forks - assorted	SM 14	Rehab room	
Wet bulb globe	SM 14	Rehab room	
Eye chart and color vision charts	SM 14	B-11/B-13	
Vital sign equipment (if not covered on other lists)	SM 14	B-11/B-13	
Scales	SM 14	B-11/B-13	
Standard 17			
Analyze and describe the appropriate use of therapeutic modalities.			

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Hot and cold packs	SM 17	Rehab room	
Chemical hot and cold packs	SM 17	Rehab room	
hydrocollator	SM 17	Rehab room	
E-sim/ultrasound – Combo unit with stand for demonstration purposes within scope of practice	SM 17	B-13	
Supplies for Combo unit (or other modalities) if being utilized for demonstration purposes	SM 17	Rehab room	
TENS unit (may use Combo unit)	SM 17	B-13	
Therapeutic whirlpool	SM 17	Rehab room	
Treadmill or recumbent bike	SM 17	Rehab room	
Medicine balls	SM 17	Rehab room	
Exercise balls – assorted sizes	SM 17	Rehab room	
Wrist and ankle weights	SM 17	Rehab room	
Wobble/BAP’s Board Boards or assorted balance trainers	SM 17	Rehab room	

Evaluation team member(s) Name _____

Signature (s) _____