



# Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction

*By Jim Clover*

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## **Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction** By Jim Clover

Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program.

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Chapter 1: Introduction Chapter 2: Athletic Training Chapter 3: Fitness Instruction Chapter 4: Basic Nutrition and Weight Management Chapter 5: Infection Control Chapter 6: Vital Signs Assessment Chapter 7: First Aid Kits Chapter 8: Emergency Preparedness and Assessment Chapter 9: Basic Life Support Chapter 10: Injuries to the Tissues Chapter 11: Injuries to the Head and Spine Chapter 12: Injuries to the Shoulder and Upper Extremities Chapter 13: Injuries to the Chest and Abdomen Chapter 14: Injuries to the Pelvis and Lower Extremities Chapter 15: Environmental and Medical Conditions Chapter 16: Taping, Wrapping, and Bracing Chapter 17: Return to Play Chapter 18: Physical Fitness Assessment Chapter 19: Strengthening and Conditioning Chapter 20: Developing an Individual Training Program Chapter 21: Therapeutic Modalities Chapter 22: Rehabilitation Chapter 23: Ethical and Legal Considerations Chapter 24: The Selling Point: Promoting Fitness Products Chapter 25: Professional Planning

#### **About the Author**

Jim Clover is an Adjunct Professor at California State University, San Bernardino and Retired teacher at Riverside County of Education Career Technical Program for 20 years. Coordinator Riverside Medical Clinic's Sports Clinic and SPORT Foundation, Mr. Clover coordinates sports medicine services for 40 schools in Southern California. He invented the Trainer's Angel (a cutting tool to remove football helmets in emergencies) and received the NATA's Most Distinguished Athletic Trainer Award in 2004. In addition to a holding a Master's Degree in Education, he is an NATA Certified Athletic Trainer, Physical Therapy Assistant, and NASM Corrective Exercises Specialist.

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