

# Knee and Ankle Sports Injury Assessment Trainer

## Curriculum Overview

### Designed for:

- High school students
- Post-secondary courses in sports medicine

### Length:

The activities in this curriculum will last approximately three hours.

### Goal:

To help participants learn how to identify common knee and ankle sports injuries.

### Synopsis:

The purpose of this curriculum is to teach students the basics of knee and ankle injuries as well as how to assess and treat those injuries. Students will understand the anatomy of ankle and knee ligaments injured in sports.

### Curriculum Components:

- Curriculum – Complete lessons, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Instructor guide
- Presentation slides

### Learning Objectives:

#### Lesson One: Ankle Injury Assessment Trainer

- Understand the anatomy of ankle ligaments and tendons injured in sports
- Explain the types and classifications of ankle injuries
- Demonstrate the ability to perform orthopedic special tests of the ankle

#### Lesson Two: Knee Injury Assessment Trainer

- Understand the anatomy of the ligaments of the knee
- Explain the different grades of injury and the care of those injuries
- Demonstrate the ability to perform orthopedic special tests to determine the nature of a knee injury