<table>
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<th>Series</th>
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| Sports Medicine  | 007  | Introduction to Sports Medicine          | History  
State of the specialty  
Functioning as a team physician  
Definition of the team physician  
Qualification  
Duties  
Sideline preparedness  
Ethical principles as applied to exercise and sports  
Beneficence  
Autonomy  
Banned substances  
Medical-legal aspects of exercise and sports  
Confidentiality  
Malpractice  
Good Samaritan laws |
|                  | 015  | The Spine-Injured Athlete                | Anatomy and biomechanics of the spine  
Mechanisms of trauma  
Physical examination  
Fracture/dislocations  
Ligamentous injury  
Extra-axial injury  
Management of the spine-injured athlete in the field and ED |
|                  | 023  | Sport-Related Head Injury                | Concussion  
Definition  
Epidemiology  
Pathophysiology  
Evaluation  
Complications  
Return to play decisions |
|                  | 032  | Sudden Death in Athletes                | Sudden death  
Causes of sudden death based on age  
Lethal arrhythmiae  
HCM  
Prolonged QT syndrome  
Commotio cordis  
Coronary artery aberrancy  
Atherosclerotic coronary artery disease  
Nonlethal dysrhythmiae  
Common arrhythmias in athletes  
26th Bethesda Conference recommendations |
|                  | 037  | The Athlete’s Shoulder                   | Anatomy and biomechanics  
Demands of the throwing athlete  
Five phases of overhand throwing  
Physical examination  
Rotator cuff injury (acute and chronic)  
Impingement  
Instability  
Ligamentous injury  
Brachial plexus injury  
Dislocation |
| 047 | Athlete Nutrition and Fluid Balance | Determinants of exercise fuel usage  
Carbohydrate recommendations for athletes  
Protein Recommendations  
Fat recommendations  
Requirements and recommendations  
Vitamins  
Minerals  
Hydration  
Functions of water  
Fluid loss and performance  
Hydration recommendations  
Electrolyte considerations/hyponatremia  
Beverage considerations |
| 062 | The Athlete's Ankle and Foot | Ankle  
Anatomy and biomechanics  
Physical examination  
Ligamentous injury  
Fracture  
Malleolar  
Talus  
Foot  
Anatomy and biomechanics  
Physical examination  
Fractures (acute and stress)  
Lisfranc joint injury  
Metatarsalgia  
Morton’s neuroma  
Frieberg’s infarction  
Turf toe  
Bunions  
Plantar fasciitis |
| 070 | The Athlete's Knee | Anatomy and biomechanics  
Physical examination  
Ligamentous injury  
ACL and PCL  
MCL and LCL  
Tendon & connective tissue injury  
Patella  
Quadriceps  
Pes anserine  
Illiotibial band  
Meniscal injury  
Anterior knee pain  
Dislocation (patella and knee) |
| 079 | Pediatric Sports Injuries | Age-appropriate activity  
Strength training  
Abnormal development  
Delayed puberty  
Primary amenorrhea  
Musculoskeletal injuries unique to children  
Salter-Harris classification  
Epiphyseal & apophyseal injuries  
Spondylolysis and spondylolisthesis |
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| 087  | Female, Elderly, and Disabled Athletes | Female athlete  
- Pregnancy  
- Eating disorders  
- Female athlete triad  
Elderly athlete  
- Changes of aging  
  - Cardiovascular  
  - Respiratory  
  - Renal  
  - Metabolic  
  - Neuropsychiatric  
  - Musculoskeletal  
- Disease states and exercise  
- Preparticipation physical examination  
- Exercise prescriptions  
Disabled athlete  
- Pattern of injury  
- Physiological response to exercise |
| 095  | Exertional Heat Illness | Continuum of illness and their interventions  
- Heat cramps  
- Heat exhaustion  
- Heat stroke  
- Heat syncope  
- Hyponatremia  
Prevention  
- Acclimatization |
| 111  | Contusions, Strains, Sprains, and Overuse Injuries | Contusions  
- Pathophysiology  
- Management of contusions  
- Myositis ossificans  
Strains  
- Pathophysiology  
- Common strains and their treatment  
Sprains  
- Pathophysiology  
- Common sprains and their treatment  
Overuse injuries  
- Tendinosis and tendinopathy  
- Stress fractures |
| 119  | Winter Sports | Cold injury  
- Hypothermia  
- Frostbite  
Principles of cold weather protection  
Altitude  
- Pathophysiology of altitude  
  - Acute mountain sickness  
  - High-altitude pulmonary edema  
  - High-altitude cerebral edema  
- Training at altitude  
Exercise-induced bronchoconstriction  
Patterns of injury  
- Skiing  
- Snowboarding |
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<td>Exertional Rhabdomyolysis and Compartment Syndrome</td>
<td>Exertional rhabdomyolysis, Epidemiology, Risk factors, Diagnosis/treatment. Compartment syndromes: Acute versus exertional, Low leg pain in runners. Diagnosis and management.</td>
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