



## Sportsmetrics™ Certification Course Objectives

- Development & Research on ACL Injuries and Injury Prevention

OBJECTIVES:

- Explain with 95% accuracy 4 out of 5 major proposed risk factors for increased risk of knee injuries in female athletes in addition to:
  - Understand knee injury prevalence and incidence in female v. male athletes
  - Explain the research Cincinnati Sportsmedicine has performed for knee injuries in female athletes
  - Understand injury/exposure rates
  - Identify neuromuscular indices evaluated to measure training effect

- Sports Injury Testing

OBJECTIVES:

- Analyze 8 tests used for neuromuscular indices and sports performance, in addition to:
  - Identify the tests required to be performed by Certified Clinical Sites
  - Discuss normative data and interpretation of test results

- SIT Practicum-Data Collection

OBJECTIVES:

- Analyze 3 tests used for injury risk assessment in addition to:
  - Demonstrate ability to perform setup and videotaping for video analysis of jumping and landing mechanics, including identification of anatomic marker placement
  - Identify forms required for collection of data and communication with participant

- SIT Practicum-Video Analysis, Digitization & Data Entry

OBJECTIVES:

- Analyze 5 still frames captured from video for jump analysis.
  - Participate in still photo capturing and digitizing
  - Demonstrate ability to digitize photos
  - Discuss report evaluation and explanation

- Sportsmetrics Training Overview

Program Defined/Demonstration

OBJECTIVES:

- Distinguish 3 neuromuscular techniques to correct during plyometric training for injury prevention.
  - Identify current training components
  - Understand different learning styles
  - Identify implementation/coaching options
  - Understand rationale for jump selection and progression
  - Demonstrate exercises and ability to instruct others
  - Demonstrate at least 2 different styles of teaching/cueing

- **Strength and Speed Training and Rehab Recommendations**  
OBJECTIVES:
  - Distinguish 3 muscle groups that should be addressed in strength and conditioning for female athlete injury prevention.
    - Identify current strength training concepts
    - Understand different training styles
    - Identify implementation/coaching options
    - Identify current concepts in speed, agility, conditioning training and program development
    - Identify ways to implement the program in a rehab setting
  
- **Speed and Conditioning Demo and Practice**  
OBJECTIVES:
  - Distinguish at least 3 at-risk positions and strategy to correct each for injury prevention during deceleration.
    - Demonstrate exercises and techniques for instructing others
    - Demonstrate corrective, positive feedback
  
- **Training Participation & Mock Instruction**  
OBJECTIVES:
  - Articulate how to perform 19 plyometric exercises used for neuromuscular training.
    - Demonstrate exercises and ability to instruct others
    - Demonstrate at least 2 different styles of teaching/cueing
    - Demonstrate corrective, positive feedback
  
- **Implementation Options**  
OBJECTIVES:
  - List all 5 Sportsmetrics™ training programs
    - Understand the options for implementing training
    - Understand variations in the Sportsmetrics™ training programs
    - Identify different target population for training options
    - Identify ancillary and complementary methods to implement Sportsmetrics™
  
- **Marketing  
Provider Responsibilities**  
OBJECTIVES:
  - Design at least 2 different marketing strategies to promote ACL injury prevention.
    - Discuss marketing plan for Certified Clinical Site
    - Discuss mutual marketing/reciprocal marketing with Cincinnati Sportsmedicine
    - Understand marketing requirements
    - Identify ancillary and complementary methods to promote Sportsmetrics™
    - Understand communication requested by Cincinnati Sportsmedicine
  
- **Certification Practical Exam**  
OBJECTIVES:
  - Articulate how to do 3 of 19 randomly selected plyometric exercises used for ACL injury prevention and rehabilitation
    - Demonstrate exercises and ability to instruct others
    - Demonstrate at least 2 different styles of teaching/cueing
    - Demonstrate corrective, positive feedback