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