

## Sportsmetrics™ Master Certification Course Objectives

Learning objectives will be measured through lab checklists and both written and practical exams with a passing score of 70% on each.

Course Main Objectives:

1. Understand the role of objective criteria in ACL injury return to sport Written Exam
2. Identify 3 risk factors associated with an increased risk of ACL injury
3. Recognize new interventions for ACL rehab (external focus, blood flow restriction…)

Full Course Objectives

* Research in ACL Injuries & Injury Prevention

OBJECTIVES:

* + Understand the role of objective criteria in ACL injury return to sport
  + Identify 3 risk factors associated with an increased risk of ACL injury
  + Critique another participant's landing mechanics on a single leg hop using a 3-grade subjective grading system.

* Innovative Therapeutic Interventions

OBJECTIVES:

* + Recognize new interventions for ACL rehab (external focus, blood flow restriction…)
  + Distinguish between internal and external focus cues when given a list of corrective cues for jump mechanics
* Neuromuscular Testing & Software Analysis App

OBJECTIVES:

* + Discuss normative data and interpretation of test results from scientific studies on neuromuscular training
  + Evaluate landing mechanics by creating a sports injury report using software that calculates knee and hip angles

* Advanced Program Overview & Demo

OBJECTIVES:

* Identify current training components of the Sportsmetrics program
* Identify 3 neuromuscular deficiencies to correct on a jump
* Demonstrate exercises and corrective techinque
* Incorporate at least one distraction technique into jump drills

* Blood Flow Restriction Demo

OBJECTIVES:

* + Design and execute a blood flow restriction program on a partner

* Practicum:

OBJECTIVES:

* + Critique 10 plyometric drills performed by a partner