

## Sportsmetrics™ Certification Course Objectives

3 main learning objectives:

- 1.) Understand the major proposed risk factors for ACL injuries.
- 2.) Identify neuromuscular indices that should be evaluated to determine knee injury risk.
- 3.) Identify the main neuromuscular imbalances to correct for high risk landing mechanics.

- **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

- **Sportsmetrics Training Overview**

Program Defined/Demonstration

OBJECTIVES:

- Distinguish 3 neuromuscular imbalances to correct during plyometric training for injury prevention.
  - 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 key muscle groups that should be addressed in strength and conditioning for female athlete injury prevention.
  - Explain the research Cincinnati Sportsmedicine has performed on strength in female athletes
  - Identify techniques to correct during deceleration

- **Implementation & Marketing**

OBJECTIVES:

- List the Sportsmetrics™ training programs
  - Understand the most effective ways to train a group
  - Understand the overall most effective way to train an athlete
  - Understand marketing requirements