



# Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction

*Jim Clover*

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# Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction

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**Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction** Jim Clover  
Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program.

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