

## **Sports Medicine**

Instructor – Jami Culbertson

Eligibility- Freshman, Sophomores, Juniors and Seniors

Recommended background- Biology

1 full-year- one credit

An enjoyable class that helps you learn the anatomy of sports injury and other related topics. This is a great class to take if you are looking to go into biology, pre-med, or any other health field. Students will have the opportunity to gain hands on experience in the Athletic Training room. A variety of guest speakers and field trips are possible.

### **Topics in curriculum**

The student will learn about the following:

- Anatomy and physiology of injuries
- Medical terminology
- Sports injury prevention
- Emergency Planning
- A variety of Orthopedic injuries that can happen during sports and activity
- American Heart Association First Aid
- Sports Nutrition including eating disorders
- American Heart Association Health Care Provider CPR and AED certification for infant, child, and adult
- Sports Medicine Careers
- Skin conditions
- Concussion and Cervical Spine care
- Thermal conditions

\*A variety of guest speakers and activities.

\*Shadowing in the athletic training room.