



Sports Medicine

Sports Medicine is offered as an elective course for high school students. The course was developed to introduce students to the field of sports medicine. Sports medicine is a broad profession that requires the cooperation of many allied health and medical professionals. This course has a strong focus on human anatomy and physiology, prevention of athletic related injuries, and basic first aid.

Course Credit:

Sports Medicine is offered as a year long elective course. Students receive one elective health and physical education credit.

Students should understand that this course does not prepare them to practice sports medicine. Students may become certified in CPR and first aid but the care they may provide to others is limited to the guidelines set by the American Heart Association.

Topics Taught in this class may include, but are not limited to:

- **Introduction to Sports Medicine and Sports Medicine Related Professions**
- **Legal and Ethical Issues in Sports Medicine**
- **Anatomy and physiology**
- **Preparing for Emergency Situations/Sports First Aid**
- **Prevention of Sports Related Injuries**
- **Principles of Rehabilitation/Therapeutic Modalities**
- **Nutrition**
- **AHA First aid and CPR**

