

SPORTS MEDICINE

Mr. Blank

Course Description:

The sports medicine course is designed as an introduction to the field of sports medicine. There is a strong focus on the basic principles of injury prevention, recognition and rehabilitation. Students will learn basic human anatomy, physiology, and biomechanics.

Rational:

The objective of this class is to provide students with an avenue through which to explore athletic training and sports medicine related fields. Sports medicine is a broad profession that requires the cooperation of many allied health and medical professionals. The course is primarily designed for those students who are interested in exploring sports medicine as a possible career option or for those with a serious interest in this area.

Students will be able to:

- Identify sports medicine related professions and recognize the correlations of this course to possible future career choices.
- Demonstrate an understanding of laws and legislation related to allied health and medical practices.
- Define sports medicine related terminology.
- Demonstrate an understanding of basic human anatomy including major muscles, bones, tendons, and ligaments.
- Demonstrate an understanding of the relationship between human anatomy and body movement and function.
- Identify possible emergency situations that may occur in sports and how to prepare for emergency situations.
- Become certified in AHA Healthcare Provider CPR and First Aid.
- Recognize the many factors that contribute to injury prevention including physical condition, protective equipment, playing environment, and rules.
- Demonstrate an understanding of the physiological effects of trauma to the body.
- Identify the common causes, signs and symptoms, and treatment of frequently occurring sports related injuries.
- Identify the basic principles of rehabilitation.
- Understand how modalities affect pain and healing.
- Identify the components of proper nutrition and the relationship to athletic performance.

Instructional Strategies:

Class instruction will consist of a combination of lecture, power point presentations, hands-on individual or group activities and presentations, labs and worksheets. Students are expected to keep an organized notebook to store worksheets and take notes. The notebook should be brought to class daily.

Students will be graded on:

Class Work, Labs, Research Projects, Group Work, Written and Hands-On Exams.

A final exam will be given at the end of the year. This exam will be worth 10% of the final grade.

*There will be very few homework assignments. Most of the work will take place in class.

*Assignments are expected to be completed by the due date to receive full credit. For each day an assignment is late, one letter grade will be deducted from the actual score.

Fairfax County Grading Policy will be followed:

A (93-100)=4.0, A- (90-92)=3.7, B+ (87-89)=3.3, B (83-86)=3.0, B- (80-82)=2.7, C+ (77-79)=2.3, C (73-76)=2.0, C- (70-72)=1.7, D+ (67-69)=1.3, D (64-66)=1.0, F (63 or below)=0.0

Labs/Daily Assignments: 50%

Exams: 30%

Projects: 20%

Textbooks:

Fundamentals of Athletic Training-2nd edition (\$64) & Sports Medicine Essentials (\$162)

Attendance:

- Students are expected to attend all classes and arrive on time.

Make-Up Work Policy:

Excused Absence (*taken from FCPS Grading and Reporting to Parents*)

- Students are fully responsible for completing any missed assignments. Each day of absence affords one school day of makeup work opportunity. Students have a maximum of ten days to make up work missed during an excused period of absence. However, the period of time allowed to make up work may be extended at the discretion of the teacher.
- Makeup work for excused absences is graded and recorded in the grade book by teachers without penalty to students. For approved prearranged absence, a student may request assignments in advance of the absence. Teachers will provide regular or alternative assignments in advance of the absence, when feasible. Following any absence, including a prearranged absence, students should make arrangements with individual teachers for makeup work.

Unexcused Absence

- Unexcused absences do not mandate course failure. If students are absent and unexcused, they cannot earn credit for classroom activities or labs missed as a result. Students may choose to make up work following unexcused absences and teachers may help the student and parent or guardian to identify missed work, but teachers are not obligated to provide makeup work. Make up work is encouraged so that students will profit from future instruction.

Honor Code/PRIDE Statement:

- Copying homework, cheating on quizzes or tests, and plagiarism are serious offenses. Be sure to understand the expectations for each assigned task, and be sure to complete each one *honorably*. Never be afraid to ask if you are not sure about what is expected and acceptable. Members of the Westfield High School community are committed to demonstrating **Personal Responsibility, Respect, Integrity, Discipline, and Excellence (PRIDE)** in all activities and programs. All teachers are committed to supporting honest, individual student achievement; therefore, the policies and procedures outlined in the Westfield Honor Code will be upheld and enforced. Students and parents/guardians are expected to be familiar with the code and to adhere to its guidelines at all times. Please take a moment to review the Westfield Honor Code at:

http://www.fcps.edu/WestfieldHS/about_whs/honorcode.pdf