

**Sports Medicine I**

Course Syllabus

2014-15 School Year

**Course Description:**

Teaches students components of sports medicine, including exploration of the following: therapeutic careers, medical terminology, anatomy and physiology, first aid, injury prevention principles, the healing process, rehabilitation techniques, therapeutic modalities, sports nutrition, sports psychology, and performance enhancement philosophies.

**Textbooks Used:**

Books are not required to be purchased. However, if you are serious about this field, these books are great reference tools for health-related careers.

Pfeiffer, R.P. & Mangus, B.C. (2005). Concepts of athletic training.

(4th ed). Sudbury, MA: Jones and Bartlett Publishers.

Prentice, W.E. (2011). Principles of athletic training: A competency-

based approach. (14th ed). New York, NY: McGraw-Hill.

**Purpose of the Course:**

Sports Medicine I bridges the gap between health class and clinical rotation for students in medical related careers, including but not limited to sports medicine, athletic training, orthopedics, and physical therapy.

A regular health class or clinical rotation cannot address the many facets of careers in medicine. Students, in general, are unaware of the variety of careers offered in medicine, specifically sports medicine, the education required for those careers, and the responsibilities that accompany the careers.

The extensive knowledge acquired in anatomy/physiology, injury prevention, recognition and care of injuries provides students necessary tools to deal with the management of their own personal medical care. An informed society is greatly needed to make decisions in health care and health management.

The course provides exposure to:

* Anatomy/Physiology
* Psychology of Sport and Injury
* Injury Recognition, Evaluation and Prevention
* Career Opportunities
* Professional Liabilities and Responsibilities

**General Information:**

1. All assignments, projects, and/or papers are to be submitted via Google Docs and NOT through email.
2. All assignments may be submitted electronically to My Big Campus or Google Docs, when directed by the instructor.
3. Exams will be taken electronically, hard copy in the classroom, or a blended version. Computers will be monitored so cheating doesn’t occur.
4. This course will be conducted under the Academic Honesty Policy and Procedures in accordance to HHS and the Student Handbook. Anyone caught cheating or plagiarizing work will be dealt with accordingly. The result will be zero points for the assignment or exam.

**Grading Breakdown:**

* Assignments & Projects – 20%
* Anatomy Quizzes, Chapter Tests, and Semester Exams – 30%
* Labs, Discussions, & Participation – 50%

**Course Requirements:**

1. *Weekly Assignments:* Each week students will keep personal notes and use them to help complete assignments. Some assignments, students may **not** use notes.
2. *Anatomy Quizzes and Chapter Tests:* Chapters that cover anatomy will have a quiz to identify those parts covered in the chapter. Every chapter will have a chapter test that will summarize what was learned during the unit.
3. *Semester (FINAL) Exams:* Exams will be taken at the end of second and fourth quarters. They will be final exams for the semester.
4. *Labs, Discussions, & Participation:* Will take place daily through in-class discussions and online discussions, as well as training room labs and participation in activities.

**Note:**

*This is a challenging course.* Communication with your instructor is very important! In order to succeed, you need to ask questions and stay up-to-date on class material. If you cannot stay up with the course work, are habitually late, or have issues completing tasks, you may be removed from the program through the discretion of the instructor and principal.

**2014-15 Lesson Agenda**

**First Quarter:**

* Introduction
* Sports Med Team and their Roles
* The Foot
* Health Care Org. and Admin in Athletic Training
* The Ankle and Lower Leg

**Second Quarter:**

* Protective Equipment
* The Knee and Related Structures
* Bandaging and Taping
* The Thigh, Hip, Groin, and Pelvis

**Third Quarter:**

* Psychosocial Interventions
* The Shoulder Complex
* On-the-Field Acute Care
* The Elbow
* Infectious Diseases & Bloodborne Pathogens

**Fourth Quarter:**

* The Forearm, Wrist, Hand, and Fingers
* Pharmacology, Drugs, and Sports
* The Spine
* The Head, Face, Eyes, Ears, Nose, and Throat
* Projects & Presentations