

SPORTS MEDICINE

Syllabus

Class Expectations, Policies, & Procedures

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All phone calls and e-mails will be returned within 24 hours.

Program of Studies Description for Sports Medicine:

Sports Medicine is a profession and medical specialty dealing with the prevention, care and rehabilitation of musculoskeletal injuries and illnesses incurred by athletes. This class will introduce students to medical concepts, human anatomy and physiology, functional anatomy, physiology of exercise, epidemiology of injury and illness, bio-mechanics of exercise and injury, recognition of musculoskeletal injuries, injury prevention strategies, first aid, CPR and basic support taping. The lab element of the course would be the application of physical movement and fitness. Please note that this is a non-waiver course.

What is a Sports Medicine Professional?

A Sports Medicine Professional is a highly educated and skilled health care professional who works in cooperation with other allied health personnel. Doctors, Nurses, Physical Therapists, and Athletic Trainers are just a few of the many that make up the athletic health care team.

What will I learn in this class?

Students in this class will be introduced the field of Athletic Training as well as other allied-health professions related to the medical care of athletes. Students will be required to demonstrate an understanding of the educational requirements necessary to become an ATC. In addition to this, students will be exposed to the skills utilized by the ATC. These include:

- Prevention of Athletic Injuries
- Movements of the body
- Recognition, evaluation and assessment of athletic injuries
- Immediate & long term care of athletic injuries
- Treatment, Rehabilitation and Reconditioning
- Taping/wrapping of Athletic Injuries
- Blood borne pathogens
- CPR

Grading for Sports Medicine Classroom and Lab

Your grade for the semester will be based upon **but is not limited to** the following criteria:

Participation (25%)

- In class discussion
- Practical lab involvement

Quizzes (10%)

- Usually 10-20 points each

Homework (15%)

- Chapter Handouts (10 points each)
- Written Assignments
- Chapter Worksheets

Exams (25%)

- Written and Practical Exams will be given

Labs/Projects (25%)

- Observation Hours
- Internet Projects
- Performance labs

Labs (25%)

Labs will be physical in nature and may require alternate attire. A Physical Education uniform and tennis shoes are appropriate however, the following are also acceptable; t-shirt, shorts, sweatpants, sweatshirt, Capri or wind pants. The following **IS NOT** considered **ACCEPTABLE ATTIRE**- jeans, khakis, tank tops, spaghetti straps, and sports bras. All attire should be aligned with the school's dress code. Students not wearing appropriate lab attire may not be allowed to participate and may receive a grade of zero for lab participation.

Quizzes (10%)

Quizzes will be anywhere from 10-20 questions in length and can be multiple choice, true/false, and/or short answer. **There is always the possibility of a pop quiz!!**

Absences

If you know you will be absent, let me know ahead of time and we will discuss how you will make up the work missed. For any type of absence, **YOU** are responsible for getting the notes and assignments from a friend or from me. You will have the number of days absent to get homework in and tests/ quizzes made up. **Failure to make up your tests and quizzes results in a zero.**

Remember, **this is your responsibility!!** If you are absent the day of a test, the test must be taken the day you return, **UNLESS** the absence has been extensive. Be prepared that the test you take will cover the same material as in class, however may not be the identical version. Speak with me prior to the start of school on the day you return to determine an appropriate make-up date and time. **If a project/paper is due the day you will be absent, arrange to either email the project/paper to me or have the project/paper brought to school the day it is due.**

Homework (15%)

Homework assignments are to be completed in their entirety! **Credit is given at the discretion of the instructor for partially completed homework.** The homework is either complete or it is not! If you cannot find answers on a specific assignment, see me before school for assistance. **Students are expected to research answers to questions that may not be in the book. If internet access is not available at home, a pass to the school library is available.**

Extra Credit

Extra credit will be offered at the instructor's discretion throughout the course of the semester for various tasks and activities.

Traditional PE Activity Expectation and Grading

Class Time

Class begins promptly 5 minutes after the bell when inside; 7 minutes when outside. Information regarding class will be posted on the bulletin boards every day.

Locker Room – students are not allowed in the locker room unless it is during their P.E. period or they are making up a P.E. class.

No Cell Phones in the locker room

Students should not be in any restricted areas (construction area) of the grounds

Tardies

If a student arrives to class after attendance has been taken, it is the student's responsibility to make sure he/she is checked in. *Failure to do so may result in an Unauthorized Absence.* A student is considered absent if he/she arrives to class more than 10 minutes after class has started.

Excessive tardies will result in a school detention.

Attire (Please refer to the "Personal Appearance" section on page 50 in the Student Handbook.)

Gym shoes – no slides or slip-ons

T-shirt, gym shorts, sweatshirt, sweatpants

⇒ PE clothes must have appropriate lettering and pictures.

⇒ Shorts/pants must not have zippers, buttons, snaps or belt loops.

⇒ PE clothes can be rented for 25¢ per item from the locker room attendant.

If not dressed appropriately, the student may be assigned an alternate activity for safety

Considerations.

Supplies

Master lock for the P.E. locker (\$5.25 at the Bookstore)

Polar Heart Rate Band (\$15.00 at the Bookstore).

Accidents/Illness/Injury

Please refer to the Health Service Policy in the Student Handbook on pages 59 & 60.

If a student is feeling ill he/she should check in with the teacher before going to the nurse unless it is an emergency.

If injured during class, the student should go to the teacher immediately following the incident.

Unauthorized Absences

Students must follow the school policy regarding an Unauthorized Absence (UNA).

The absence results in a loss of the 5 Participation/Class Readiness points.

Parents will be contacted by phone for each UNA.

If a student reaches **5 Unauthorized Absences** during the semester, he/she may be dropped from PE for the semester with the grade of 'E'.

Make-ups:

Students should make up Authorized and Unauthorized Absences no matter what the cause of the absence to earn 4 participation points.

The absence must be made up in the Physical Education Resource Center (PERC) as soon as possible (2 weeks).

The activity performed must be cardiovascular endurance. The treadmill, bike, stair master, rowing machine or Elliptical are options to complete the make-up.

The student must sign in at the PERC, have the make-up sheet signed by the adult

PERC supervisor, and turn the PE Make-up sheet into his/her teacher.

Students are not allowed to read or do homework while working out in the PERC, and must be dressed in appropriate P.E. clothes for the activity (1 class readiness point).

Grading:

Student's grades are earned based on daily participation, attitude, skill, knowledge, improvement, effort, and fitness concepts and activities.

I will try and get all assignments graded and back to you weekly.

I will also update IC Weekly, usually by Wednesday of the following week.

70% is based on participation and fitness activities (4 points possible per day)

Participating in all class activities for the required time (P.E. Daily Participation Rubric)

Willing to work with anyone in class and treating them respectfully

Taking proper care of equipment/facilities

The student may earn up to 5 points a day if he/she meets all of these expectations.

Students will be required to make-up any unauthorized absence. Failure to do so will result in an incomplete for the course.

Arriving to class on time; caring for equipment and facilities – no food, drink or gum on track, turf or mats

Dressing in appropriate P.E. clothes including gym shoes for inside and outside activities

Showing respect to classmates and instructor(s)

30% is based on skill, knowledge, improvement, and effort

Skill checks

Written quizzes and tests

Homework and in-class assignments

Improvement and effort

Pre- and post- testing

Uniforms

Required for all students and PE days.

Rental service is \$19 for the year.

Daily rental is .25 per piece.

Protocol is

1st- Loss of 1 participation point + email home.

2nd-Loss of 1 participation point + phone call home.

3rd-Loss of 1 participation point + meeting with chair.

4th-Loss of 1 participation point + Dean Referral.

This will also work with the HR straps

- **Heart Rate Information**
- **All students are required to have a heart rate strap.**
- **All students will be assessed at least 16 times (EB usually more) throughout the semester using the heart rate system.**
- **Any student who does not complete the assessments will receive an incomplete for the course until all assessments are complete.**