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**Office Hours: Tues & Thurs 8:30am-9:00am or by appointment**

**LHS Sports Medicine I**

## **Welcome to this course!**

We are excited to have you in this course. This course will be an adventure and your teacher will be your guide. As a guide, your teacher is here to inspire you, challenge you, and help you when you get stuck. It is up to you to complete your assignments and reach out to your teacher when you need help.

## **How do I contact my teacher?**

*Students*:Just use email or office hours. It’s that easy! My email address can be found in our google classroom.

## **Course Overview:**

SPORTS MEDICINE I 60632X0 1 CREDIT

This course is designed for students interested in the career of athletic training. The primary focus includes, but is not limited to, the following topics: The Athletic Training/Sports Medicine (ATSM) Team, organization and administration, injury prevention, physical training and conditioning techniques, nutritional considerations, protective sports equipment, psychology of sport injury/illness, mechanisms and characteristics of sports trauma, tissue response to injury, human anatomy, exercise physiology, biomechanics, kinesiology, CPR/blood borne pathogens, injury assessment and evaluation, environmental concerns, basic taping and bandaging, explanations of therapeutic modalities, basic exercise rehabilitation, drug use/abuse in sports, and skin disorders. Students may be required to engage in practical experience outside of class for the purpose of applying knowledge and techniques learned in class.

**Expectations:**

* **RESPECT** - This includes the instructor, classmates, all who enter our room & materials.
* **Accept Responsibility**- for your thoughts, words and actions.
* **Know Your Limits**-in the classroom and when observing sporting events at Louisburg High School.
* **Demonstrate a Desire to Learn**-ask questions and learn from every situation.
* **Take Initiative**
* **Be Dependable**
* **Food or Drink-** Water with a lid is acceptable. NO FOOD!
* **Restroom**- Please use the restroom prior to class.
* **Electronic Devices**- Do not have on or out any electrical devices that are not being used for class work. This includes but not limited to: cell phone, text messaging, video games, mp3 player, or any other electronic device. *NO Texting, NO Talking! Or your cell phone will be confiscated and given to the attendance office for parent pick up.* We will use a laptop both onsite and at home.
* **Remember safety first, be positive & have a good attitude.** Report all accidents & injuries ASAP.

**COVID Guidelines and Expectations**

· If you are sick, please stay at home.

· Practice the 3 W’s; WEAR a mask correctly, WAIT 6 feet apart, WASH hands.

· Report directly to class after the health screening and upon entering the building in the morning.

· If you have COVID symptoms develop during the day, tell your teacher right away.

· Walk on the right side of hallways and social distance during class changes, in the lunch lines, and when entering and leaving the

building; follow the directional arrows.

· Only remove your mask to eat lunch; don’t talk while eating; after eating, put your mask back on and remain seated in the

designated seating areas in the cafeteria.

· Use the hand sanitizer located in the dispensers in each classroom and throughout the buildings.

**What Will I Learn in This Course?**

| •Define the umbrella term sports medicine | •Describe techniques for moving and transporting the injured athlete. | •Explain legal considerations for anyone acting as a healthcare provider. | •Differentiate between acute and chronic injury.  •Briefly describe acute traumatic injuries, including fractures, dislocations and subluxations, contusions, ligament sprains, muscle strains, muscle soreness, and nerve injuries. |
| --- | --- | --- | --- |
| •Describe the role of an individual supervising a recreational program in athletic injury management. | •Explain what bloodborne pathogens are and how they can infect fitness professionals and athletes. | •Identify measures that can be taken to minimize chances of litigation. | •Explain the need for and demonstrate the application of elastic wraps. |
| •Explain how the sports medicine team should interact with the athlete. | •Describe the transmission, symptoms, and signs of human immunodeficiency virus (HIV) infection. | •Describe the types of insurance necessary to protect an individual who provides health care to anyone who is injured. | •Explain how an athlete should be protected from exposure to the sun. |
| Strategies/Tasks: CPR/RB Skills Wound Management Auto-Injector Skills Personal Protective Equipment Splinting  CFA:Certification Tests for AHA/ARC | •Discuss the various types of skin wounds and how they should be managed. | •Describe the anatomy of the head, face, eyes, ears, nose, and throat.  •Explain how injuries to the head, face, eyes, ears, nose, and throat can be prevented. | •Discuss common eating and drinking practices in the athletic population. |
| •Establish a plan for handling emergency situations at your institution. | \*What are components of a properly designed training room? | •Identify the six classes of nutrients and describe their major functions. | •Explain the principle of caloric balance and how to assess it. |
| •Describe the various phases of injury assessment. | \* What are legal aspects of Athletic Training? | •Describe the physiology of hyperthermia and the clinical signs of heat stress and how they can be prevented. | •Talk about chronic overuse injuries, and differentiate tendinitis, tendinosis, tenosynovitis, bursitis, osteoarthritis, and myofascial trigger points. |

# **What Assignments Will I Complete in This Course?**

This table provides an overview of the types of assignments covered in this course. Please be aware that teachers may adjust the number of assignments and add new assignments throughout the semester to accommodate the goals and needs of each unique group of students. **Specific instructions and up-to-date information about each assignment is listed in your Google Classroom.**

| **Assignment Type** | **How Many** |
| --- | --- |
| **Chapter Vocab Quizzes** | 11 |
| **Tests** | 11 |
| **Medical Term Quizzes** | 15 |
| **Wks & Application Questions** | 11 |
| **Digital Portfolio Assignments** | 8 |
| **Chapter Activities / Labs** | 30 |

# **How Will the Grading Work for this Course?**

This table provides an overview of the assignment types and points.

| **Quarter** | | | **Semester** |
| --- | --- | --- | --- |
| **Assignment Type** | **# of Assignments** | **% of Quarter Grade** | **% of Semester Grade** |
| **Quizzes** | 26 | 10% | Q1/Q3 40% |
| **Tests** | 11 | 20% | Q2/Q4 40% |
| **Digital Portfolio Assignments** | 8 | 40% | Final Exam 20% |
| **Chapter Activities/ Labs /Observation** | 30 | 30% |  |

## **Attendance Policy**

We will follow Franklin County public school attendance policy