

Sports Medicine Class Syllabus

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Class website:

<http://sracarsonathletictraining.weebly.com/>Textbook:

Concepts of Athletic Training, 7th Edition
Pfeiffer

The Sports Medicine course at Santa Rosa Academy provides an opportunity for the study and application of the components of sports medicine. These concepts include, but are not limited to: organizational and administrative considerations, legal responsibilities, prevention of athletic injuries, environmental concerns, general medical, pharmacology, rehabilitation and management skills, general fitness, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, therapeutic exercise, athletics and special populations.

Units of Study:

Chapters 1-10

The Concept of Sports Injury

Athletic Health Care Team

Law of Sports Injury

Sports-Injury Prevention

Psychology of Athletes and Sports Injury

Nutritional Considerations

Emergency Plan and Initial Injury Evaluation

Injury Process

Injuries to the Head, Neck, and Face

Injuries to the Thoracic-Coccygeal Spine

Chapters 11-19

Injuries to the shoulder region

Injuries to the Arm, Wrist, and Hand

Injuries to the Thorax and Abdomen

Injuries to the Hip and Pelvis

Injuries to the Thigh, Leg, and Knee

Injuries to the lower leg, ankle, and foot

Skin Conditions in Sports

Thermal Injuries

Other Medical Concerns

Grading Categories

Classroom Participation- 10%

Class Assignments and Homework- 20%

Labs- 20%

Projects- 20%

Exams- 30%

Projects: More information regarding the projects will be distributed as the projects are assigned.

1- 5 hours of field experience during the course of the semester. Students will serve as student athletic trainers. Students will be working with SRA athletes during practices and/or games. Students will be responsible for submitting a write up about his/her experiences and specific coaches will evaluate the students participation.

2- Research project. "Common injuries in Sports". Students will be selecting a sport, and researching the most common injuries related to that sport. Students will be describing the area of injury, the biomechanics related to the injury, as well as the recovery methods and treatment for the injury. Students will be expected to use MLA format and support information through research. Due in October.

3- Athletic Training Budget Project. Students will work in teams to design, and stock an athletic training room, given a specific budget and parameters. This will be a group project. (second semester)

Labs: More information will become available when labs are assigned.

Lab tasks will vary from week to week, but generally speaking, labs will be an opportunity for hands-on learning. Students will learn how to treat certain injuries, as well as proper technique for rehabilitation and care after an injury has occurred. Students will learn how to tape various joints, as well as wrapping techniques. Students will also learn general first aid and CPR during this course.

Participation points will be yours to lose. Students who are not prepared for class, and do not participate in group discussions will lose points. Chronic absenteeism will affect this portion of your grade.

Classwork/Homework will be assigned throughout the school year. These assignments will support the academic learning involved in Sports Medicine. Students are expected to complete all tasks assigned.

Exams: There will be a Quizzes and/or Tests for each chapter. Exams will vary in format. Students will be provided a review sheet outlining the material that tests will cover.

Other Course Requirements:

- You are expected to participate in class each day. This includes class discussion, activities, labs in the training room, and group projects.
- You are to come to class prepared.
- Make up work will be the responsibility of the student. You will be expected to contact me for make-up work.
- Late Work (not absent)- Points will be deducted from the total points earned for being late. **No assignments will be accepted after 1 week following the deadline.**
- When you volunteer each semester in the athletic training room, sport practices, and/or sport games, you will be under the supervision of the Athletic Trainer, the Coach, as well as any other Athletic Department Staff. You are not there to be a team doctor, you are there to observe, and help if and when you can. Please be respectful of the supervising staff.
- You will have "Lab" days periodically. I will tell you prior to that day. You must wear appropriate clothing that day as there will be occasions that you are required to kneel on the floor, lie on the tables, etc.

Student's grades will be determined based on the following scale:

A+	98%+
A	92-97%
A-	90-91%
B+	88-89%
B	82-87%
B-	80-81%
C+	78-79%
C	72-77%
C-	70-71%
D+	68-69%
D	62-67%
D-	60-61%

General Class Rules:
Students MUST...

- Be Prepared for Class **every** day.
- Be Respectful of the Teachers.
- Listen and Follow Instructions.
- Be Kind and Supportive of Fellow Classmates.
- Practice Skills.
- Treat Sports Medicine as Important as Any Other Class.
- Follow School Rules During Class.

Please print and complete the following acknowledgement form, indicating that you have read and understand the class requirements.

Name-----

Student Signature-----*date*-----

Parent Name-----

Parent Signature
-----*date*-----

This form is due for a grade by August 16, 2018