



Railey, Brooks
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Sports Medicine I
Syllabus Full



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I. Course Description

Sports Medicine 1 emphasizes the prevention of athletic injuries, including the components of exercise science, anatomy, principles of safety, first aid, cardiopulmonary resuscitation (CPR), and vital signs. Subject matter will also include discussion of legal issues, members of the sports medicine team, nutrition, protective sports equipment, environmental safety issues, taping and wrapping, mechanisms of injury, and application of other sports medicine concepts. Students interested in healthcare careers in athletic training, physical therapy, medicine, exercise physiology, nursing, biomechanics, nutrition, psychology, and radiology will benefit from this course.

II. Instructional Goals

Upon completion of this course students will have developed skills that enable them to meet the following objectives:

- Academic Foundation: Students will know academic subject matter required for proficiency in Sports Medicine.
- Communication: Students will know the various methods of giving and obtaining information. They will communicate effectively orally, in writing, and electronically.
- Legal Responsibility: Students will understand the legal responsibilities, limitations, and implications of their actions in the health care delivery setting.
- Ethics: Students will understand accepted ethical practice with respect to cultural, social, and ethnic differences within the healthcare environment.
- Safety Practices: Students will understand existing and potential hazards to clients, coworkers, and to themselves. They will prevent injury or illness through safe work practices and follow health and safety policies and procedures.
- Teamwork: Students will understand the roles and responsibilities of individual members as part of the healthcare team, including their ability to promote the delivery of quality health care. They will interact effectively and sensitively with all members of the health care team.
- Technical Skills: Students will apply technical skills required for all career specialties. They will demonstrate skills and knowledge as appropriate.
- Information Technology Applications: Students will use information technology applications required within all career specialties. They will demonstrate use as appropriate to health care applications.

Course Standards

Sports Medicine 1 Standards can be found at: <http://www.ebsummit.info/SportsMedicineGuide/FoundationStandards.doc>

III. Fees & Explanation

A fee of \$9.00 is assessed for consumable supplies including but not limited to materials needed for labs, and other materials as deemed necessary by the teacher.

IV. Textbook

France, Robert C. Introduction to Sports Medicine and Athletic Training: Student Edition. Delmar Cengage Learning, 2004.

Supplemental Resources

These resources will provide material that goes beyond the textbook and will be provided by the teacher:

- Anatomy Coloring Book
- The internet will be used as appropriate for assignments and research projects.

V. Classroom Supplies

Students are not required to have the following supplies for class, they are just suggestions. But students must bring ALL materials to class every class.

- 1 ½ 3- ring binder with three (3) dividers
- notebook paper
- pens/pencils/highlighters
- colored pencils

VI. Course Sequence/ Major curricular topics

Students will be actively involved in the class. Lecture, group work, homework, and guided practice will be used regularly. New material will be introduced through lecture or discovery methods. Students will explore concepts individually and in small groups. Students will receive an assignment sheet periodically that shows homework assignments. This provides students the opportunity to keep up with their assignments when absent and to work ahead if so desired. A basic outline of the major components of this class is as follows:

Chapter 1: Fitness Professionals, Coaches, and SM Team

Chapter 2: O and A

Chapter 3: Legal Liability

Chapter 4: Preventing Injuries

Chapter 5: Sports Nutrition

Chapter 6: Protective Sports Equipment

Chapter 7: Emergency Situations

Chapter 8: BBPs & Universal Precautions

Chapter 9: Psychological Effects

Chapter 10: Environmental Conditions

Chapter 11: Taping

Anatomy: Skeletal and Muscle

Chapter 13: Recognizing Different Sports Injuries

Chapter 12: Basics of Rehab

VII. Course Grading Policies, Assessments, & Procedures

This class has been designed to incorporate a number of strategies, including lectures, class discussions and debates, instructional videos, computer lab and real-life activities, and field studies. The standard evaluations for each unit include homework assignments, quizzes, projects, computer lab activities, and a unit test.

Major Grades- Assignments that students are given 2 or more classes to prepare. The following will be major grades in all content areas:

- Test
- Presentations
- Project
- Cumulative Assignments

Minor Grades- Assignments that students are given 1 class to produce or on-the-spot work. The following will be minor assignments in all content areas:

- Homework
- Quiz
- Vocabulary
- Classwork

Grade weights

Tests	650
Projects	650
Quizzes/In-class/Homework	400
Final Exam	100
<u>Total Points</u>	<u>1800</u>

A= 1800-1620 B= 1619-1440 C= 1439-1260 D= 1259-1080 F=1079 and below

Note: Students are not required to keep an organized binder, however it is recommended.

Extra Credit opportunities will be available as deemed appropriate by the teacher.

VIII. Absences and Make-Up Policies

Students will be permitted to make-up work missed due to an absence. If the student misses 1 day, the make-up work must be completed within 2 school days. If the student misses 2 or more consecutive days, the make-up work must be completed within 5 school days. If circumstances dictate that the material which had been missed requires more time to be made up, the teacher will have the discretion to extend the deadline.

Students who miss a test, quiz, or other class work due to an absence will need to make up the work after school or at a time agreed upon with the teacher within **five** days of returning to school. If at all possible, a test or other major assignment missed due to a **prearranged absence** should be completed before the absence occurs.

Students are strongly encouraged to record all assignments, dates, and grades. Absent students are expected to contact the teacher or a classmate to collect the assignments they miss. **Ultimately, it is the student's responsibility to ensure that all work, especially assignments missed due to an absence, is completed in a timely manner.**

IX. Academic Assistance & Suggestions for Success

Academic Assistance is available by appointment only.

In this course, the depth of topics, the pace at which the topics are covered, the breadth of application of concepts, and the expected retention of topics are substantial. It is expected, therefore, that all students assume a great deal of the responsibility for their learning, actively seeking assistance as they need it. It is strongly suggested that students regularly spend time daily outside of class studying. This will provide not only an opportunity to do homework assignments, but also time to reflect on the importance of the topic or skills learned, the application of the concept and the relationship of the topic with other topics they have learned.

As an Irmo High School parent, you have the privilege of monitoring your student's progress through Parent Portal (<https://powerschool1.lexrich5.org/public/>). Through Parent Portal, students & parents will be able to access up-to-date grades via the Internet. Thus, students & parents will have the ability to know their grades at any time. Parent Portal also allows parents to track their student's attendance & behavior issues. Log in information can be attained through the main office of the main building.

X. Classroom Management Plan/ Expectations

Respect for others:

- ✓ Always listen while others are talking.
- ✓ Raise your hand and be called on to answer.
- ✓ Use good manners.
- ✓ Be polite and respectful of others feelings.
- ✓ Be a team player.
- ✓ Be helpful.

Class Expectations:

- ✓ Be prepared for class by bringing all required materials to class
- ✓ Be in your seat ready to start class when the tardy bell rings
- ✓ Treat others with respect in order to promote a positive learning environment
- ✓ Always follow school rules
- ✓ Do your work well and individually unless otherwise assigned.
- ✓ Use your time wisely.

CLASSROOM EXPECTATIONS:

➤ READY:

- ✓ Arrive on time and be ready to work
- ✓ Be prepared with assignments and materials
- ✓ Take an active, positive role in classroom activities
- ✓ Follow and respond appropriately to adult directions
- ✓ Believe success *is* possible

➤ RESPECTFUL:

- ✓ Follow and respond appropriately to adult directions
- ✓ Use appropriate language and tone with self, teachers, and others
- ✓ Respect others' personal space and property
- ✓ Use appropriate non-verbal communication that shows you are on task

➤ RESPONSIBLE:

- ✓ Know and follow classroom rules
- ✓ Accept positive and negative consequences
- ✓ Clean up your space

CONSEQUENCES:

- Initial misbehavior will result in a verbal warning from the teacher.
 - Failure to correct the misbehavior will result in one of the actions listed below (whichever is deemed appropriate by the teacher):
 1. Written warning (minor referral) and student-teacher conference
 2. Discipline referral to appropriate administrator (minor or major referral depending upon behavior) & parent notification/contact.
- ** Any instance of severe disruption of class or misbehavior will result in the student's immediate disciplinary referral to the appropriate administrator.

XI. Honor Code

In order to foster an environment of mutual trust & respect, we believe, within the community of School District 5 of Lexington & Richland counties, each individual should accept the personal responsibility to exhibit & promote academic & social integrity. The Academic Honesty Policy is being implemented to ensure that students submit credible work that is evident of their content mastery. Students should be totally honest in their dealings with others. They should complete their own work and be evaluated based upon its originality. They should avoid academic dishonesty and misconduct in all its forms, including plagiarism, fabrication or falsification, cheating, and other academic misconduct.

XII. Cell Phone Policy:

You will not have cell phone during this class. If you have an emergency, have your parent call the classroom at the number listed above in the syllabus or the front office phone number of 803-476-3000. You will have your cell phone placed into a specific number locked in the office during the class period. No one will have access to your cell phone during the class period.

XIII. Suggestions For Success in Class

- Start off strong. If you fall behind, it's hard to catch up.
- Do not hesitate to ask me for help.
- Ask questions before, during, and/or after class.
- If given time at the end of class, use it wisely by beginning homework, studying for quizzes/tests or by getting help from me.
- Pay attention and take good notes. Keep notes organized in your notebook.
- Review the materials covered in class as you go. Cramming for a test is not recommended.
- Be in class, If you know you will miss class, ask for assignments ahead of time.
- Please know that I care about you and I want you to succeed.