



SPORTS MEDICINE PROGRAM

Course Progression:

Grade 10,11 or 12	Sports Medicine 101
Grade 10, 11 or 12	Essentials of Strength & Conditioning, Principles of Coaching
Grade 11 or 12	Intro to Exercise Physiology, Fundamentals of Athletic Training I

#SM12 Sports Medicine 101

0.5 Credit Level 2

Sports Medicine 101 is a one-semester course designed for students who are interested in the allied health careers, such as athletic training, physical therapy, exercise physiology, and other sports medicine-related fields. Students will investigate the different fields while learning some basic anatomy along the way. This course will be a combination of classroom and clinical experiences, with clinical experiences including basic first aid and emergency procedures. Students who take this course will also be able to further pursue their interest in the sports medicine field and take Fundamentals of Athletic Training I.

Requirements for placement: Grade 10, 11 or 12

#SM13 Essentials of Strength & Conditioning

0.5 Credit Level 2

Essentials of Strength & Conditioning is a one semester course designed to give students the tools and resources needed to be physically fit and healthy for a lifetime. This course will be a combination of classroom and laboratory experiences, in which students will learn basic anatomy and physiological effects of strength training and conditioning, while also working together to develop strength training programs. Students will learn and be able to perform exercises relative to flexibility, resistance bands, free weights, plyometrics, and aerobic fitness.

Requirements for placement: Completed Sports Medicine 101

#SM14 Principles of Coaching

0.5 Credit Level 2

Principles of Coaching is a one semester course designed for students who are interested in learning about the tools and strategies necessary to become a successful coach and leader. Students will study coaching principles related to communication, motivation, management, practice planning and strategy, physical training, and safety. This course will be a combination of classroom and laboratory experiences, where the students will learn the principles in the classroom and be able to practice/perform them on the court/field.

Requirements for placement: Completed Sports Medicine 101

#SM15 Intro to Exercise Physiology

0.5 Credit Level 2

Intro to Exercise Physiology is a one semester course designed for students to learn about the body's responses to exercise. This course will be a combination of a classroom and laboratory setting, where students will learn the basics of exercise physiology. Topics include respiratory and cardiovascular responses to exercise, energy production, metabolism, body composition, and muscular adaptations to exercise.

Requirements for placement: Have completed Biology and Sports Medicine 101

#SM22A/B Fundamentals of Athletic Training I

1 Credit Level 2

Fundamentals of Athletic Training I is a two-semester course designed for students who are interested in the career of Athletic Training. This course will provide a combination of learning experiences within the classroom, clinic and on-field settings. Students will learn about the domains of Athletic Training, which includes prevention, immediate care, treatment, rehabilitation, organization and administration, professional responsibility, clinical evaluation and diagnosis, and reconditioning of injuries. Students will learn anatomy associated with those domains along the way, and will also be required to complete a specific number of observation hours per semester. During observation hours, students will work with athletes and use the skills they have learned.

Requirements for placement: Completed Sports Medicine 101 with an 80 average or above: signature of sports medicine teacher