



Little Elm Sports Medicine Department (LESMD)

Little Elm High School

1900 Walker Lane

Little Elm, TX 75068

Office: 972-947-9443

(Sports Medicine Office – x **24110**)

or (Athletic Training Facility - x **24109**)

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Head Athletic Trainer

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What is Sports Medicine 1?

It is a class to be offered to high school students to provide an opportunity for the study and application of the components of sports medicine.

SM 1 can be an avenue to recruit athletic training students and educate students about sports medicine careers. This course is designed for students in the student athletic training program. Individualized and independent assignments will be included in this course. This course will involve outside-of-class time work and time required working with athletes and athletic teams on a daily basis.

Student Athletic Trainers at Little Elm H.S.:

-Students must receive the approval of the Licensed Athletic Trainer supervising the student athletic training program. There may be other required prerequisites for this course, which is **outlined in the digital application packet sent out at the end of March.**

-All incoming Student Athletic Trainers must take the Sports Medicine 1 course.

**Please ENROLL -ONLY IF PLANNING TO TRYOUT FOR PROGRAM IN SPRING.*

-All returning Student Athletic Trainers have the option to enroll in Sports Medicine 2, which is a more in-depth application of the components of sports medicine.

*****Credit earned for Sports Medicine 1 or 2 is a State-elective Credit** - which qualifies for graduation class rank for students.

-Also offered for Student Athletic Trainers are the Athletic Training I, II, III, IV courses.

-The Athletic Training Courses are not required courses for student trainers, but are utilized as a lab for the student athletic trainers and offers more “hands on” educational opportunities in the sports medicine field and takes place during Athletic periods

*****LOCAL CREDIT ONLY earned for Athletic Training I, II, III, IV is a Local-elective Credit** – which **DOES NOT** qualify for graduation or GPA/ class rank for students.

Additional information regarding **application for the program** and **Student Trainer tryouts this Spring** is outlined within the Student Trainer Digital Application Packet, sent to those **signing up for enrollment** in the Sports Medicine and/or Athletic Training Courses. **The DIGITAL APPLICATION PACKETS will be released at the END of MARCH (3/20) -CHECK YOUR SCHOOL EMAIL BY 3/24 FOR MORE INFO. MANDATORY Parent/Student Meeting will be @ LEHS Cafeteria on EITHER Wed. April 15th or Mon. April 20th (TBD in March). TRYOUTS are held in April - May during the spring football practices AFTER school (or BEFORE school if in 8th grade @ Lakeside MS).**

Sports Medicine 1 Course Syllabus/Overview – as cited by the Texas State Athletic Trainers' Association in accordance with the Texas Education Agency (TEA)

Overview

This course provides an opportunity for the study and application of the components of sports medicine including but not limited to: sports medicine related careers, organizational and administrative considerations, prevention of athletic injuries, recognition, evaluation, and immediate care of athletic injuries, rehabilitation and management skills, taping and wrapping techniques, first aid/CPR/AED, emergency procedures, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, and therapeutic exercise.

Number of credits that may be earned: One or Two (Optional)

Purpose of the Course:

Below is a description of the specific student needs to be met in this course:

A regular health class or clinical rotation cannot address the many facets of careers in medicine. Students in general are unaware of the variety of careers offered in medicine, specifically sports medicine, the education required for those careers, and the responsibilities that accompany the careers.

Sports Medicine acknowledges student interest in medicinal professions and sports related fields of study. The course provides exposure to:

- Concepts of Sports Injury
- Athletic Health Care Team
- Sports Injury Prevention
- Sports Injury Care
- Wound Care & Blood Borne Pathogens
- Anatomy/Physiology
- Psychology of sport and injury
- Sports injury recognition and evaluation
- Career opportunities
- Professional liability and responsibilities
- Budget and facility design
- Concepts of Taping & Bandaging

Sports Medicine bridges the gap between health class and clinical rotation for students interested in medical related careers, including but not limited to sports medicine, athletic training, orthopedics, and physical therapy.

The extensive knowledge acquired in anatomy/physiology, injury prevention, recognition and care of injuries provides students necessary tools to deal with the management of their own personal medical care. An informed society is greatly needed to make decisions in health care and health management.

Special Note: Students interested in the Sports Medicine Program of Study should ENROLL in the non-CTE courses of Sports Medicine I, Sports Medicine II, and or Athletic Training I, II, III, or IV. These students should also enroll in the CTE courses of Medical Terminology and Anatomy & Physiology to be eligible to take the Practicum in Health Science during their senior year.

Prerequisites: Application Process & Tryouts required prior to admission into the Program. Digital Applications are sent out to students in March; with a mandatory parent meeting followed by tryouts in May for the following year. Student Athletic Trainers do meet before, during and after school assisting with the health care of student athletes during athletic practices and games. Students may also have associated duties in the evenings, weekends, and over some holiday breaks. Please contact the Head Athletic Trainer, Mrs. Laws Kidwell-Cox, for an application BY March for the following years' program. (lkidwell@littleelmisd.net). For more details, visit a counselor and review this Course Guide for descriptions of the Sports Medicine courses.

Sports Medicine I (1 state credit)

Grades 9-12

Prerequisite: Application Process & Tryouts required prior to admission into the Sports Medicine Program

Sports Medicine I is required for all first year student athletic trainers that have completed the admission process.

Sports Medicine I is concerned with the health and wellness of student athletes including the basic concepts of sports injuries, wound care / blood borne pathogens, taping and bandaging of athletes. Sports Medicine bridges the gap between health class and clinical rotation for students interested in medical related careers, including but not limited to sports medicine, athletic training, orthopedics, and physical therapy. **Student Athletic Trainers are selected through an application process in the spring semester. Digital Applications are sent out to students in March; with a mandatory parent meeting followed by tryouts in May for the following year.** See CTE Section for Program of Study options.

Sports Medicine II (1 state credit)

Grades 9-12

Prerequisite: Application Process & Tryouts required prior to admission into the Sports Medicine Program

Sports Medicine II is an optional course for student athletic trainers that have reapplied for the program, and takes the students to the next level of health and wellness of student athletes including sports injury recognition and evaluation of athletic injuries, sports injury prevention, rehabilitation and reconditioning. **Student Athletic Trainers are selected through an application process in the spring semester. Digital Applications are sent out to students in March; with a mandatory parent meeting followed by tryouts in May for the following year.** See CTE Section for Program of Study options.

Athletic Training I, II, III, IV (1 LOCAL credit)

Grades 9-12

Prerequisite: Application Process & Tryouts required prior to admission into the Sports Medicine Program

Athletic Training is an optional course for to student athletic trainers that have been admitted into the Sports Medicine Program. Athletic Training is an innovative, hands-on AT aide/lab course offered during athletic periods. This course supplements the Sports Medicine courses allowing students to further assist staff athletic trainers in the hydration, treatment, prevention, evaluation, and rehabilitation of student athletes. **Student Athletic Trainers are selected through an application process in the spring semester. Digital Applications are sent out to students in March; with a mandatory parent meeting followed by tryouts in May for the following year.** See CTE Section for Program of Study options.

BELOW IS A SAMPLE OF INFO INCLUDED IN LAST YEARS' DIGITAL APPLICATION PACKET

Little Elm Sports Medicine Department (LESMD) Athletic Trainer Education Program (ATP)

Athletic Training:

The Athletic Trainer has become an integral part of the athletic program and is now considered a necessity rather than a luxury. Today's Athletic Trainer is a highly educated and skilled professional possessing a thorough knowledge of anatomy, physiology, kinesiology, preventative medicine, taping and bracing, exercise and conditioning, emergency medicine, rehabilitation, nutrition, and psychology.

Athletic Training Program:

Little Elm High School offers a unique athletic training education program wherein students will learn in a structured curriculum under the supervision of a licensed athletic trainer. The program is designed to provide participants with knowledge and skills pertaining to sports medicine.

Our Athletic Training Program offers students a co-ed environment in which they will have the opportunity to work with a variety of sports including football, volleyball, soccer, basketball, track, softball, baseball, and more. Students will gain hands-on experience working with various sports and being responsible for the care, prevention, treatment, and rehabilitation of injuries. They will also have the opportunity to travel with their respective sports. Most students will be assigned to two sports during the school year.

Little Elm has a main Athletic Training Room located at the High School campus. We have a multipurpose facility, which operates *not only* for the rehabilitation, treatment, and evaluation of sports injuries, but *also* serves as a Classroom/Lab for hands-on learning & instruction.

ALL 1st year Student athletic trainers are required to take and complete *Sports Medicine 1*. Continuing student athletic trainers (Veterans) have the opportunity to take **Sports Medicine 2** once they've completed SM1. **These courses require prior approval from a staff athletic trainer before admittance into the class.** In addition to taking the Sports Medicine course, ***students will be assigned to a work group incorporating several 1st year & veteran student athletic trainers.*** These groups will rotate weekly attending morning and afternoon duties at the High School. It is for this reason that each student trainer must have reliable transportation available.

As a part of the LESMD, student athletic trainers are ***eligible for varsity letter jackets upon achieving the objectives as listed in the digital packet.*** The program has provided previous students the opportunity to focus on career goals and obtain scholarships to continue their education. While participation will undoubtedly benefit the student who wishes to pursue a health care career, there is no guarantee of a scholarship offer. University programs are very competitive, with scholarship funding subject to availability and other restrictions.

Admission Criteria:

There are four main areas that are considered when evaluating future candidates for the LESMD – Athletic Training Education Program.

- Academic achievement and scholastic citizenship
- Good moral character and a strong work ethic
- Evaluations/Tryouts with the athletic training staff & attending ALL meetings
- Genuine interest in Athletic Training or Sports Medicine as a career

*BELOW IS A SAMPLE OF INFO INCLUDED IN LAST YEARS' DIGITAL APPLICATION PACKET
(REVISED FOR Spring 2020 DATES)*

Student Athletic Trainer Program Admittance Requirements

To **be admitted** into the LESMD – Athletic Trainer Education Program (ATEP), the prospective student must fulfill **ALL** of the following requirements. For all applicants – all aspects of your *grades, attitude, manners, and commitment* will be taken into account during the selection process. Existing students in the program must complete all of the requirements *except* for the (3) completed reference forms. Note: as an existing student in the program – your chance of returning is high **but not guaranteed**.

- **Read, Complete, & Submit** the Student Athletic Trainer Digital Application Packet by Due Date Thursday, April 9th
- **Attend** the Mandatory Parent & Student Athletic Trainer Meeting (April 15th OR April 20th –TBD)
- Must have (3) completed reference forms submitted digitally from teachers by April 17th. *(For new applicants only)*
- Provide a **COPY** of your latest report card (3rd 9 weeks) **DUE BY April 15th or @ parent meeting –**
- Upon review of application, references, and grades – *be invited for tryouts this will be discussed @ meeting- Also, attend the student tryout orientation April 21st (subject to change) in the Athletic Training Room*
- Successfully complete Student Athletic Trainer Tryouts during Spring Football. (April 22nd – May 15th)
- *Cuts will be made the last week of Spring Football to determine who will be admitted into the LE Sports Medicine Program for the following year.*

To remain in **good standing** as a student athletic trainer, the student must do the following:

- **Follow policies & procedures** as outlined in digital handbook
- Must **have all required paperwork on file** with the LESMD
- **Remain eligible to participate** in all LESMD activities.
- **Be enrolled in Sports Medicine and/or Athletic Training Courses** *(AT course meets during athletics)*

Prospective Student Trainer's Initials: XXXXXXX

Academic Guidelines: To participate in the LESMD – ATEP, student athletic trainers will have to meet UIL standards for academics. A grade of 70 or higher must be achieved in all classes during a 9 weeks grade report. If a student earns below 70 during any grading period, the student will be declared ineligible. A student who is ineligible remains as such until a grade of 70 or above is received in either a 3 week or 6 week progress report or 9 week grade report. **They will attend MANDATORY tutoring until they are eligible again. (Attending weekly tutorials will be required if making below an 80 in any class.)** Students found ineligible for any 2 grading periods may be removed, suspended or released from the program. **Prospective Student Trainer's Initials:** XXXXXXX

Sports Medicine 1 & 2 – Athletic Training Education:

All 1st year student athletic trainers are required to be in the Sports Medicine 1 class (currently offered 4th period). SM1 incorporates both a classroom & lab environment in order to promote group unity, including the dynamics of sports medicine's essential knowledge & skills. All 2nd, 3rd, & 4th year student trainers have the opportunity to enroll in the innovative Sports Medicine 2 course which includes the practical application of athletic training. Students will receive 1 State Elective Credit for the completion of EACH of these Full Year Courses. Students will be graded both on content, as well as, participation (which encompasses the lab, AM/PM duties, games, and practice coverage). **1st yr students may also be placed in a specific Athletic Training 1 period (during athletics) at the LESMD-ATEP Staff's discretion.**

Prospective Student Trainer's Initials: XXXXXXX

BELOW IS A SAMPLE OF INFO INCLUDED IN LAST YEARS' DIGITAL APPLICATION PACKET

Standards & Criteria for Student Athletic Trainers

The following is a list of minimum mandatory standards and criteria which student trainers **MUST** closely adhere to at all times. ***There will be NO exceptions.***

Communication: COMMUNICATION IS VITAL! Students will inform the staff of all that goes on pertaining to athletic training room business (Athletic Treatments, Duties, Injury Information, Schedule Changes, etc). ***Prospective Student Trainer's Initials: XXXXXXX***

Work Ethic: Responsibility and punctuality are a must. Tardies and absences will be considered a serious infraction, *unless excused prior to scheduled times.* **A student trainer must treat his/her internship as if it were a job.** As a STUDENT Athletic Trainer your overall ACADEMICS must come first. Arrangements can be made in the event a student trainer must attend tutoring or other academic requirements & is unable to attend a previously scheduled practice or game. **Be Aware that good time management and organization are a must to succeed in the program.** ***Prospective Student Trainer's Initials: XXXXXXX***

Leadership: Student athletic trainers are encouraged to take initiative and leadership roles. Doing so portrays dependability and a true desire to be in the program. ***Prospective Student Trainer's Initials: XXXXXXX***

Professionalism: At all times, **the student athletic trainer will represent Little Elm ISD with the utmost professionalism, respect, and behavior.** At no time will the student be disrespectful to another individual or poorly represent the school and its sports medicine department.

Professionalism & Social Media Sources: We hold students to high standards when involving themselves with Social Media sources like Twitter, Instagram, Snapchat, Tik Tok, Facebook, etc. **Cyber-bullying and slander of another student or staff member will NOT be tolerated and may result in dismissal from the Sports Medicine Program.** ***Prospective Student Trainer's Initials: XXXXXXX***

Commitment: Student athletic trainers will be making a commitment to a program. It is understood that other classes are being taken and students may have jobs or other extra-curricular activities. But, as the student has made a commitment to this program and this program has made a commitment to you – it is expected that all outside schedule conflicts be discussed with a staff athletic trainer. ***Prospective Student Trainer's Initials: XXXXXXX***

Letter Policy: Students may letter as a student athletic trainer. They will not letter as part of a sport, but instead as part of the Sports Medicine Team. Criteria for lettering: a student must **remain in good standing as a SAT for a complete school year** – this includes following all guidelines of the Sports Medicine Dept. (expectations, policies, procedures and regulations specifically addressed in this packet), Little Elm Athletic Code of Conduct, maintaining grades (attending tutorials when grade drops below an 80) and working two sports during that year. All decisions on lettering fall upon the staff athletic trainers. ***Prospective Student Trainer's Initials: XXXXXXX***