



Anderson District I & II Career and Technology Center

SPORTS MEDICINE 1

Course Syllabus 2019-2020

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COURSE DESCRIPTION:

Sports Medicine 1 emphasizes sports medicine career exploration & the prevention of athletic injuries, including the components of exercise science, kinesiology, anatomy, principles of safety, first aid, cardiopulmonary resuscitation (CPR), and vital signs. Subject matter also includes 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 concept. Laboratory investigation will be used to reinforce & develop these skills. Students interested in healthcare careers in athletic training, physical therapy, medicine, exercise physiology, nursing, biomechanics, nutrition, psychology, and radiology will benefit from this course.

****In order to qualify for promotion to Sports Medicine 2 during the next academic year, students must finish Sports Medicine 1 with a yearly average of 75% or higher ****

INSTRUCTIONAL PHILOSOPHY:

Students will be taught the foundations of Sports Medicine in this course, to give them insight into a sports medicine career, to prepare them for the courses to follow and to give them a basic applicable skill set to move forward in this profession. Students will be given challenging and real-world projects and assignments in the classroom and athletic training lab. High quality work is expected and students will be given opportunities to complete work that meets the standards specified for each unit. Students will be given tasks and assignments to be completed in both an individual and group setting. Assessment methods will be varied according to the curriculum in the course of our study. Our goal is for every student to receive relevant and rigorous instruction to prepare them for the next step in pursuing further education or a career in the sports medicine field.

STANDARDS:

Students are expected to meet the Sports Medicine 1 Standards, as outlined by the South Carolina Department of Education which are based on the National Health Care Standards. The SC Department of Education Sports Medicine 1 Standards may be found here:

<https://ed.sc.gov/instruction/career-and-technology-education/programs-and-courses/career-clusters/health-science-education/sports-medicine-1/>

MATERIALS REQUIRED:

Composition notebook, pen and pencil (blue or black ink only), 5x7 or 4x6 index cards, markers or colored pencils.

****Textbooks will be purchased by ACTC and remain in the classroom for student use while on campus****

ASSESSMENTS & GRADING PRACTICES:

A summative test will be given at the end of each unit. Quizzes will be given throughout the unit of study to assess each student's individual progress and address needs if necessary. Unit projects may be given in place or in addition to a unit test. Final exams will be given at the end of the semester over the cumulative course information.

Minor assignments (include: class work, class participation, bell ringers, quizzes, etc.) will be worth 40% of grade.

Summative/major assessments (include: unit tests, taping, unit projects, final exam) will be worth 60% of grade.

100-90	A-Exceeds standards and expectations
89-80	B-Meets standards and expectations
79-70	C-Passing grade, but does not meet all standards
69-60	D-Passing, but only meets minimal standards
59-50	F-Failing, does not meet minimum standards

EXTRA HELP OPPORTUNITIES:

There is absolutely no shame in asking for extra help to promote understanding and development of skills. Students are encouraged to seek extra help from their peers, teacher and others who have the knowledge to assist. Extra help will be provided by the course instructor by appointment when available before, during or after the school day. It is the student's responsibility to communicate that additional help is needed.

MAKEUP OR MISSING ASSIGNMENTS:

If a student has an excused absence and misses a graded assignment, quiz or test they will be given the opportunity to make up the missing assignment within 1 week upon their return. They must make this arrangement with the teacher the FIRST day of their return.

Students and parents will be notified of missing assignments as they are due throughout the unit. Students will have until the end of the unit to turn in any missing work from that unit with a deduction from their grade for tardiness.

BEHAVIOR PLAN:

Please review and pay close attention to the policies and procedures set forth in the Student Handbook. We will participate in many hands on activities that will require you to follow safety measures, the consideration of the safety and respect for yourself and others is always expected. Classroom rules are posted in the Sports Medicine classroom and lab, they are expected to be followed along with the handbook guidelines.

CURRICULUM:

- UNIT 1: Review of Anatomical Terms, Medical Terms and Abbreviations
- UNIT 2: Review of Skeletal System & Soft Tissues
- UNIT 3: Sports Nutrition
- UNIT 4: Evaluating an Athletic Injury
- UNIT 5: Common Athletic Injuries
- UNIT 6: The Foot

HOMESCHOOL ATC SHADOW ASSIGNMENT:

All students enrolled in SM1&2 will be expected to shadow and assist their home school athletic trainer for three games and do a follow up assignment for a major grade in the course. These shadowing experiences should be scheduled at least a week in advance and cleared with the respective athletic trainer. All shadowing experiences must be scheduled and complete by May 1st.