

Sports Medicine Courses must be taken in sequential order and you must have approval from the Athletic Trainers before you can be put on the roster. Please read over all the courses in this pathway.

Sports Medicine I

Prerequisite: 9-11, interest in sports and/or medicine and recently applied to the Student Trainer Program.

Description: 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.

Sports Medicine II

Prerequisite: grades 10-12, must have taken Sports Medicine I, receive approval from Licensed Athletic Trainer

Description: This course is designed for athletic training students. It provides an in-depth study and application of the components of sports medicine including but not limited to : basic rehabilitative techniques; therapeutic modalities; wound care, taping and bandaging techniques, prevention, recognition, and care of musculoskeletal injuries; injuries to the young athlete; drugs in sports; modern issues in sports medicine. Individualized and independent assignments will be included in this course. This course will involve outside-of-class time homework and time required working with athletes and athletic teams.

Sports Medicine III

Prerequisite: grades 11-12, must have taken Sports Medicine I & II, receive approval from Licensed Athletic Trainer

Description: This course is designed for athletic training students. It provides an in-depth study and application of the components of sports medicine including but not limited to : hands-on rehabilitative techniques; therapeutic modalities; wound care, taping and bandaging techniques, prevention, recognition, and care of musculoskeletal injuries; injuries to the young athlete; drugs in sports; modern issues in sports medicine. Individualized and independent assignments will be included in this course. This course will involve outside-of-class time homework and time required working with athletes and athletic teams.

Student Trainers

Student Trainers are academic students who want to be involved in extracurricular activities. These students are either interested in sports, but don't play or are interested in a medical field.

Student trainers work closely with the Athletic Trainers on staff, 'Doc' Allen, Mrs. Thompson and Ms. Maldonado, who are licensed and certified athletic trainers. They care for all the athletes and cover all the teams at Del Valle High School.

We encourage all student trainers to enroll in the Sports Medicine courses offered at DVHS.

If you are interested, please email Mrs. Thompson with your name, student ID and why you are interested in being a Student Trainer.