



Pre-Physical Therapy & Sports Medicine

Instructor: Mr. Cappetto

Room#: Cascade 107

Office Hours: 7:25-7:45 and 1:45-2:50

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Course Overview

The Pre-Physical Therapy & Sports Medicine program is designed to provide students with hands-on experience in evaluation, acute care and rehabilitation skills. This program will also teach students about Kinesiology (the study of human movement), human anatomy and physiology, ethics, and taping procedures. This course is a first stop for students interested in becoming a certified athletic trainer, strength and conditioning coach, physical therapy assistant or physical therapist.

Course Units

- Kinesiology (Anatomy, Physiology, Biomechanics)
- Employability, Career Development & Marketing
- Acute Injury Management
- CPR, Blood Pressure, Pulse, First Aid, HIV/AIDS
- Treatment, Rehabilitation & Reconditioning
- Professional Development & Responsibility
- Body System Essentials (Anatomy & Physiology)
- Physical Fitness

Course Textbook

Intro to Athletic Training textbook: Principles of Athletic Training 14th Edition

Certifications

- Precision Exams - Medical Anatomy & Physiology
- CPR/AED/Basic First Aid/Bloodborne Pathogens

* Certificates will not be issued until all fines and/or fees are paid in full

Course Fees *(fees are subject to change based on vendor adjustments)*

- CTSO Dues \$20.00
- PCSC Polo Shirt \$20.00
- PCSC T-shirt (Optional) \$9.00 S-XL \$11.00 XXL – Short Sleeve
\$14.00 S-XL \$15.00 XXL – Long Sleeve

Grading Policy

Students are primarily assessed based on their mastery of course content and technical skill. The majority of a student's grade (70%) is based on summative assessments and (30%) is based on formative assessments.

Grading Breakdown

70% - summative assessments (tests, projects, labs, presentations, etc.)

30% - formative assessments (classwork, practice, quizzes, homework, leadership, employability, etc.)

Grade Scale

Percent	Letter Grade	Percent	Letter Grade
100-93	A	82-80	B-
92-90	A-	79-77	C+
89-87	B+	76-73	C
86-83	B	72-70	C-
69 and below = F			

Homework Policy

Although the majority of PCSC work is done during the class period, occasionally homework is assigned or classwork will need to be completed outside the school day. All assignments are expected to be turned in on time. Missing homework will be entered in the gradebook with a score of "0" until completed. Work submitted after the due date will receive a reduction in points. Teachers will set final dates, after which a late assignment will no longer be accepted. Teachers may also identify work that will not be accepted late. If a student knows they will be absent, it is their responsibility to make arrangements ahead of time to obtain class or homework that will be missed. Students with excused absences will have two days for every day absent to turn in missing work.

Redo Policy

Redo opportunities are available to students who are working hard towards content mastery but need an additional testing opportunity to demonstrate proficiency. Students who are given a redo opportunity will be required to show effort and progress not only on the first assessment, but will also be required to complete work outside of class as directed by the teacher. **Redo opportunities may not be given to students who choose not to study or prepare for an assessment, who refuse to take an assessment, or who abuse the redo opportunity. Certain projects and assessments are not eligible for a redo opportunity, including final exams.**

Internet and Computer Access

The Pierce County Skills Center uses the platform, Canvas, to manage digital classroom content. In many cases assignments will be distributed and turned in through this system. This means that students should have access to the internet and a device outside of school. If your student does not have access to these, please contact the main office (253.800.4800) for assistance. Hot spots and devices are available through students' home districts.

ParentVUE/StudentVUE

Students and their parents/guardians are strongly encouraged to use ParentVUE/StudentVUE to monitor grades and attendance. [ParentVUE](#) is an online link provided through the school district website for you to access your student's course information, including grades, assignments, and attendance. If you do not already have an ID and Password contact the main office (253.800.4800) for your login information.

Dual Credit & College Credit

Students have the opportunity to earn college credits at local community and technical colleges. Students must earn a C or better and have met all course competencies. Dual credit opportunities are subject to change based on course offerings and approval at the community and technical colleges. Visit the [Dual Credit](#) page on the PCSC website for the most current information.

Leadership

Leadership is a vital component of all career and technical education classes. Every day you will be required to demonstrate strong leadership and workplace skills: prompt attendance, professional and respectful behavior, problem solving, working with diverse groups, and strong communication.

Students have the opportunity to join a Career and Technical Student Organization (CTSO), a student leadership organization that includes teachers, high school and college students, and industry partners who are working together to ensure America has a skilled workforce. Participation in a CTSO provides students with the opportunity to further develop the personal, technical, and workplace skills to better prepare them for career success. CTSO activities culminate in regional career and technical competition events. Students who qualify may advance to state and national competitions.

Policies and Course Requirements

Pre-pharmacy technology is a program designed to prepare the student for entry into a professional environment that reflects health care industry standards. As such, it will be expected that student behavior is appropriate for the modern health care environment.

PCSC Expectations & Policies – [Student Handbook](#)

Students are expected to review and follow the school rules, procedures, and processes outlined in the PCSC student handbook and the district's [Student Rights and Responsibilities](#). Students will be held accountable for the rules outlined; claiming to not know about a rule does not excuse a student from the consequence.

Cheating/Plagiarism

Cheating is by definition, an action done by a student to supply work for another student, or turn in work, use work, or rely on work that is not their own, other than in circumstances clearly understood to involve collaborative or group learning. The judgment of the teacher or staff member who discovers cheating is final. The first offense of cheating will be an F on the assignment/assessment. A second offense of cheating may result in an F in the program and removal from PCSC.

Electronic Equipment

Personal electronic devices, including but not limited to, cell phones, can be a disruption to the educational process and are not permitted at school. The only exception to the following policy is if a teacher specifically grants permission for usage for educational purposes. Electronic devices are to be turned off and put away before entering the building. Students who continue to violate the electronic equipment policy can expect their device to be confiscated, a parent/administrative conference, and additional disciplinary action. Insubordination or argumentative behavior regarding device confiscation will result in further disciplinary action.

Food & Drink

Food and beverages, with the exception of water, are not permitted in classroom areas. No water should be near laptop or desktop computers. A bottle refill station is located in the Rainier Building.

Hall Passes/Vests

Students must have instructor permission to leave class and only one student is permitted out of class at a time. Passes are not to be requested during lectures or presentations. Any student out of class should have a hall pass with time and destination. Any student who needs to go to the parking lot during class must WEAR a classroom-provided safety vest.

Safety Policy

Unsafe behavior and lack of professionalism will not be tolerated in the classroom, lab, clinicals, or on field trips. Lab equipment will be used safely and for its intended purpose only. Horseplay or unsafe behavior will not be tolerated and is grounds for dismissal from the program. Students must pass a written lab safety exam with a score of 100% before engaging in lab activities. All accidents or injuries must be reported to the instructor immediately.

Physical Fitness

- Students are required to bring gym clothes on assigned PT days
- School clothes may not be worn during physical fitness class
- Your gym clothes should be taken home every week, washed, and returned
- Athletic shoes must be worn at all times

Students will have access to a locker room to change into workout clothes. During physical fitness, students are expected to dress appropriately. All workout clothes need to provide ample coverage (no exposed midriff, mid-section, or large section of the back, no large holes in clothes, etc).

Appropriate workout attire is defined as:

- Athletic shoes
- Shorts (athletic type) or sweatpants (no jeans)
- T-shirts and/or sweatshirt
- Warm-ups or sweats are recommended for colder days

Failure to follow these rules will result in a 0 for the day and/or possible disciplinary action. **The judgment of the staff as to the appropriateness of student dress and/or decorum is final.**

Sensitive Issues

The program uses various videos, movies, current news and industry documents as part of the course curriculum. While all efforts are made to screen the content, any opinions expressed in this content belong to those who created it and don't necessarily reflect the views of the school, class or instructor. Students are encouraged to discuss both the opinion of the content creator, but also the opposing view to gain a greater understanding and appreciation of the issues being discussed.

Some materials will be related to disease and health care, including conventional and alternative treatments. Sensitive issues may also be discussed in large or small groups and with guest speakers. Students will be expected to maintain appropriate and professional behavior during these times. Parents are encouraged to contact the instructor with any questions or concerns. Additionally, dissections are a normal part of an anatomy and physiology class and research.

2nd Year Program - Enrollment Requirements

Several PCSC programs have both a first and second year, however automatic enrollment in the second year is not guaranteed. Currently enrolled juniors who wish to continue their focus in a specific industry during their senior year must have instructor **and** administrator approval. 2nd Year Programs require a significant amount of independent study. As such, the following restrictions apply:

- Admission to a 2nd Year program requires administrative review of designated prerequisites as well as a sign off by the course instructor based on defined criteria.
- Review for eligibility and the application process for 2nd Year Programs are completed in the early spring of each year. Students deemed eligible at that time are required to maintain their eligibility through the completion of their 1st Year Program.

Prerequisites for 2nd Year Program eligibility reviewed by PCSC Administration:

- *Academic Performance* - 2nd Year program applicants need to have demonstrated their academic ability in the program area by earning a grade of B or better throughout their 1st year.*
- *Attendance* - 2nd Year program applicants need to have demonstrated their commitment to successful attendance by demonstrating fewer than 2 absences a month throughout their 1st year.*
- *Behavior* - 2nd Year program applicants need to have demonstrated their ability to be successful in an independent study role through an absence of inappropriate behavior / school discipline issues at PCSC as well as their home H.S. throughout their 1st year. Incidents which demonstrate a lack of Independent Study Skills (see below) may impact eligibility.

*Exceptions for academic performance and/or attendance may be granted based on extreme circumstances and will be considered on an individual basis.

2nd Year Program seats are limited for each individual program. If the number of qualified applicants is larger than the available seats, inclusion will be determined by lottery and the remaining applicants will be placed on a waitlist in order of the lottery results. Applications received after the completion of the lottery will be added to the waitlist in the order received.



PCSC

PIERCE COUNTY SKILLS CENTER

STUDENT CALENDAR 2024-2025

AUGUST		FEBRUARY									
M	T	W	T	F	M	T	W	T	F		
20-21 – PCSC Professional Learning Days				1 2	3 4 5 6 7					10 – Late Arrival	
22 – State Professional Learning Day #1										14 – Snow Make-Up Day or No School	
26 – State Professional Learning Day #2										17 – President’s Day – No School	
★ 26 – PCSC Back to School Night 5 – 6:30 pm	5	6	7	8	9	10	11	12	13	14	18 – Waiver Day #2 – No Students
27 – Back to School Prep / Staff	12	13	14	15	16	17	18	19	20	21	
28 – First Day of School	19	20	21	22	23	24	25	26	27	28	
30 – No School	★ 26	★ 27	★ 28	29	30						
SEPTEMBER		MARCH									
M	T	W	T	F	M	T	W	T	F		
2 – Labor Day – No School	2	3	4	5	6	3	4	5	6	7	3, 17 – Late Arrival
16 – Late Arrival	9	10	11	12	13	10	11	12	13	14	12 – End of 2nd Tri/Grade Prep Early Dismissal
27 – State Professional Learning Day #3 No Students	16	17	18	19	20	17	18	19	20	21	
	23	24	25	26	27	24	25	26	27	28	
	30					31					
OCTOBER		APRIL									
M	T	W	T	F	M	T	W	T	F		
7 – Late Arrival		1	2	3	4		1	2	3	4	7-11 – Spring Break – No School
18 – Waiver Day #1 – No Students	7	8	9	10	11	7	8	9	10	11	21 – Late Arrival
	14	15	16	17	18	14	15	16	17	18	
	21	22	23	24	25	21	22	23	24	25	
	28	29	30	31		28	29	30			
NOVEMBER		MAY									
M	T	W	T	F	M	T	W	T	F		
18 – Late Arrival				1				1	2	12 – Late Arrival	
11 – Veterans Day – No School	4	5	6	7	8	5	6	7	8	9	23 – Snow Make-Up Day or No School
26 – End of 1st Tri/Grade Prep Early Dismissal	11	12	13	14	15	12	13	14	15	16	26 – Memorial Day – No School
27-29 – Thanksgiving Break – No School	18	19	20	21	22	19	20	21	22	23	
	25	26	27	28	29	26	27	28	29	30	
DECEMBER		JUNE									
M	T	W	T	F	M	T	W	T	F		
9 – Late Arrival	2	3	4	5	6	2	3	4	5	6	9 – End of 3rd Tri/Grade Prep Early Dismissal
Dec 23-Jan 3 – Winter Break – No School	9	10	11	12	13	9	10	11	12	13	12 – Last Day of School Early Dismissal
	16	17	18	19	20	16	17	18	19	20	19 – Juneteenth
	23	24	25	26	27	23	24	25	26	27	June 23-July 11 – Summer School, Session 1
	30	31				30					July 14-31 – Summer School, Session 2
JANUARY		JULY									
M	T	W	T	F	M	T	W	T	F		
13 – Late Arrival		1	2	3		1	2	3	4		
20 – Martin Luther King, Jr. Day No School	6	7	8	9	10	7	8	9	10	11	
	13	14	15	16	17	14	15	16	17	18	
	20	21	22	23	24	21	22	23	24	25	
	27	28	29	30	31	28	29	30	31		

April 24, 2024

Student Calendar = 178 school days for students and 2 waiver days for teachers.

– KEY –

- 🌙 Late Arrival (No AM Session)
- 🕒 Early Dismissal (No PM Session)
- # No School for Students
- # Non School Days

- # Summer School, Session 1
- # Summer School, Session 2