

SPORTS MEDICINE
Combs High School
CTE: Sports Medicine & Rehabilitation Services

SPORTS MEDICINE AND REHABILITATION SERVICES 4 SEMESTER COURSE

GRADES: 9-12

Prerequisite: None

Instructor: Mr. Nielsen, MS, LAT, ATC

Email: jnielsen@jocombs.org

Room: 532, 534 Lab

Office: Athletic Training Facility

Course Description:

Exploring nutrition, anatomy, physiology, first aid equipment, and its relationship in the field of sports medicine will be taught and applied in a clinical setting including hands on experience. Students enrolled in this course will gain leadership experiences through Health Occupations Students of America (HOSA). Students will demonstrate oral and written communication skills used in a workplace environment, and participate in work-based learning experiences through participation with our Sports Medicine HOSA Club. This involves fundraising, community service, and competition activities locally, statewide, and nationally.

Career & Technical Education:

This course is part of a career and technical education coherent sequence approved by the Arizona Department of Education and the East Valley Institute of Technology. Students will spend no less than 51% of class time engaged in hand-on learning. Students will also be enabled to pursue a career in personal/fitness training or physical therapy/rehabilitation aide immediately after high school. Successful completion of a state-wide assessment during the 2nd year will result in a CTE certificate of completion in the Sports Medicine & Rehabilitation Services program, used to help with employment and college placement.

Clinical Observation Time

Sports Medicine 2 students will be required to do 6 hours of job shadow experience of a health professional that they choose **each** semester.

Dual Enrollment

This class is eligible for dual enrollment offered through Chandler Gilbert Community College. This is not required of the student, but should the student choose to further their education beyond high school, these credits will transfer as elective credits. Dual credit can only be offered if the student received dual credit for HES271 (Prevention and Care of Athletic Injuries).

Units of Study

Emergency Action Plans & CPR/AED/First Aid certification

Concussions & Heat Illness

Introduction to Sports Medicine Careers & Associations

Medical Terminology

Anatomy & Body Systems

Taping & Wrapping Techniques

Injury Prevention, Response, and Return to Play

Injury Evaluation

Tissue Healing & Therapeutic Modalities

Crutch/Brace Fitting & Padding

Foot & Ankle Injuries
Knee Injuries
Hip/Pelvis Injuries
Elbow, Wrist, and Hand Injuries

Grading Policy

90% - 100% = A 80% - 89.9% = B 70% - 79.9% = C 60% - 69.9% = D Below 60% = F	Breakdown per semester Quarter 1 / 3: 40% Quarter 2 / 4: 40% Final Exam: 20%
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Late Work Policy:

Late/Missing Assignments/Exams must be made up 24 hours after returning to school from an excused absence. From there, 10% will be docked everyday it is late. After 3 days it will not be accepted.

Cell Phones

Cell phones are not allowed during instructional time. Cell phones will be used to enhance the learning process. If cell phones are not being used properly the following will occur:

- Warning will be given to put phone away
- The student will be asked to put the phone in the back of the classroom and can pick it up when class is over
- The cell phone will put in my desk until class is over
- Administration will come and pick up the phone

Classroom Expectations

1. Students will come to class on time prepared and ready to learn.
2. Students will complete all assignments, including homework, by all deadlines.
3. All students will be silent and respectful while other students read aloud.
4. The teachers and students will work together for a respectful, safe classroom.
5. Participation in class discussions will enhance all students' learning experiences.

Respect and Diversity Statement

All individuals have a right to an educational environment free from bias, prejudice and bigotry. As members of the Combs High School educational community, students are expected to refrain from participating in acts of harassment that are designed to demean another student's race, gender, ethnicity, religious preference, disability or sexual orientation. Students at Combs High School will respect each other.

Student Name_____

Student Signature_____

Parent/Guardian_____