

**SPORTS MEDICINE 3**  
**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, 531 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. This class will also certify students as Emergency Medical Responders if they pass the written and practical exam.

**Clinical Observation Time**

Sports Medicine 3 students will be required to do 60 hours of job shadow experience of a health professional. There will also be after school requirements to assist the Athletic Trainer with practice and game coverage.

**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	Breakdown per semester Quarter 1 / 3: 40% Quarter 2 / 4: 40%
80% - 89.9% = B	
70% - 79.9% = C	

60% - 69.9% = D Below 60% = F	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**\_\_\_\_\_