
SPORTS MEDICINE 1

Shannon Wright, MSed, ATC, LAT
Head Athletic Trainer
Princeton High School
swright@princetonisd.net
469-952-5400 x 3070

Aaron Barnard, MBA, ATC, LAT
Athletic Trainer
Princeton High School
joel.barnard@princetonisd.net
469-952-5400 x 3070

Course Description:

Sports medicine is a branch of medicine that deals with the treatment and prevention of injuries related to sports and athletic activities. In this course, you will be introduced to the field of sports medicine from the perspective of an athletic trainer and the health care professionals we typically collaborate with. In addition, you will learn about the basic evaluation, care, and management of sports related injuries. Lastly, you will have a brief introduction to sports psychology and nutrition.

Required Materials:

- Chromebook-full charged!
- Pen or pencil
- A good attitude and willingness to put yourself out there

Attendance Policy:

We expect you to be on time so that you do not disrupt class or miss any information. You are given 1 warning. After that, if you arrive more than 5 minutes past the final bell, you will be marked tardy. If there is an emergency, please email us or check in with us first. Leaving early without permission will also not be tolerated.

Electronic Device Policy:

Cell phones and headphones should be away and out of sight unless given free time. Laptops and chromebooks should be used for the appropriate information we are covering that day.

Food & Drink Policy:

Food and drink are permitted during lecture days as long as not a distraction to yourself or others. No food will be permitted during labs unless told otherwise. We reserve the right to take away food and drink privilege on an individual basis for any reason. If you make a mess-you clean it up.

Course Calendar:

**Subject to change at any time. Updates will be communicated*

M/T/Th: Lecture, W: Lab, F: Discussion

Section I: Introduction	Weeks 1-2	Intro to Sports Medicine, Athletic Training, & related careers
Section 2: Acute care	Weeks 3-4	Acute care & Emergency procedures
Section 3: Taping	Weeks 5-6	Bandaging, Taping, & Injury Prevention
Section 4: Tissue Response	Weeks 7-8	Tissue Response to Injury, Healing
Section 5: Evaluating Injuries	Weeks 9-10	Off field Evaluation
Section 6: Modalities	Week 11-12	Basic therapeutic modalities
Section 7: The Ankle/Lower leg	Weeks 13-14	Ankle anatomy, injuries, care
Section 8: The Knee	Weeks 15-16	Knee anatomy, injuries, care
REVIEW	Week 17	REVIEW
MIDTERM EXAM	Week 18	MIDTERM EXAM
Section 9: The Shoulder	Week 19-20	Shoulder anatomy, injuries, care
Section 10: The Elbow	Weeks 21-22	Elbow anatomy, injuries, care
Section 11: The Wrist/Hand/Fingers	Weeks 23-24	W/H/F Anatomy, injuries, care
Section 12: The Cervical Spine	Weeks 25-26	C-spine anatomy, injuries, care
Section 13: The Thoracic/Lumbar Spine	Weeks 27-28	T/L spine anatomy, injuries, care
Section 14: The Hip/Thigh	Week 29-30	Hip anatomy, injuries, basic care
Section 15: Basic Rehab	Weeks 31-33	Brief rehabilitation/exercise overview

Section 16: Sports Psych	Week 34	Mental health concerns for athletes
Section 17: Sports Nutrition	Week 35	Nutrition for athletes
Review	Week 36	Review
FINAL EXAM	Week 36: FINAL EXAM	FINAL EXAM