Sports Medicine 2

Mr. Waller
2026-2027

Introduction

Welcome to your sports medicine 2 class! This syllabus, or class description, contains a summary of the class this year--class expectations and procedures, what units we will cover, assignments you will have, and how you will be graded.

Course Title Sports Medicine II	**Term** Fall 2026-Spring 2027
Instructor Timmy Waller	**Term Dates and Class Time** 9/1/2026 – 6/15/2027 7th Period: M-F, 2:15-3:05
Instructor Email t.waller@tlschool.net	**School Phone Number** 509-395-2571
Office Hour/availability Monday to Friday, 6th period (1:22-2:12) plus by appointment	
Textbook and/or other required materials: Principles of Athletic Training by McGraw Hill (2010) provided by the school. Chromebook (provided by the school) A binder or folder with spots that we can put tests/quizzes, worksheets, and any other projects	

Description

This class will serve as a continuation of our introduction to sports medicine with a focus on athletic training. This is a two semester course designed towards students interested in entering the medical field as an athletic trainer, physical or occupational therapist, physician, nurse, and other related fields. This course is also geared towards those interested in coaching, nutrition, exercise physiology, fitness, and other related fields. Like Sports Med 1, the class focuses on the information and skills important in the prevention, recognition, evaluation, treatment, and rehabilitation of injuries. The class will include reading, papers, and projects; but it will also include a lot of hands-on skills. During the 2nd semester of this course, we will have a large project based research unit.

Course Goals and Learner Outcomes

- The general course goals are to further our knowledge about the field of sports medicine and how to recognize, treat, evaluate, prevent, and rehabilitate injuries.
- Specifically this year, we will go through several joints/body areas and learn specific anatomy, common injuries, and how to best address them
- We will learn the anatomy and physiology of healthy and injured tissues
- We will practice basic taping, bandaging, and bracing techniques
- All students will review First Aid/CPR/AED for adults and pediatrics

Class Expectations

1. Be on time, prepared for class with any knowledge, homework, or assignments
2. Participate in class discussions and activities
3. Actively listen to teacher during lecture portions
4. Think deeply and do your best in course work

Cell Phone Policy

We will be following the new school policy for cell phones in that they shouldn't be used from the start to the end of the school day. Because your phone should not be on your person, if you are using your phone for any reason in class, it will be taken to the office every time and a referral written. This is intended to be a helpful and not punitive policy so we can learn best, avoid distraction, and be present in our classes and with each other.

Attendance Policy

I expect you to be in class unless you have a valid reason to not be. You need to follow the school attendance policy as listed in the handbook. In terms of classwork, if you miss class, you won't receive credit for what we did in class that day unless you complete it on your own. You will need to check in with me through email or check in with another student to see what you missed and need to make up.

Work policy (make up, extra credit, late, etc.)

For written assignments, to receive credit for an assignment the student must have the assignment completed and in class when it is due. If you are gone on the day it is due, you should have it done the next day you are in class unless you have communicated with me. Assignments will be accepted up to 3 days late and will be assessed a penalty of a 10% deduction per day. If there are extraneous circumstances, please communicate well with me and we can adjust the due date if needed.

Grading

Grading will be based on a points accumulation system. At any time during the semester, your grade will be determined by dividing the points you have earned by all the points possible to earn. Several different types of points will be awarded.

- Participation (typically 5 pts per day or every other day--typically awarded when there isn't a tangible assignment)--will be earned on a weekly basis for participation in class activities
- Classwork/Homework (typically 5 pts for a classwork assignment that takes one day--may take the place of participation)--reading, worksheets, and small assignments that will be due within a day or two
- Papers/Presentations/Projects--will be awarded points based off size, time, and length of project (typically in the 20-40 pt range)
- Skill Assessments--demonstration of skills such as bandaging, wrapping, and taping (typically 10-20 points)
- Quizzes/Tests (quizzes are typically in the 10-20 pt range, tests in the 40-60 pt range)--written assessments over information

Academic Integrity

For all written work in this class, you need to follow the school handbooks guidelines on plagiarism and AI. Specifically for my classes, I will follow the below steps if I have found you have plagiarized or used AI to complete an assignment. I simply want your work to be your work, I would much rather less-than-perfect work that is your own thought than polished work that is not yours.

1. The first offense will result in a zero on the assignment, a conversation with me, and an opportunity to redo the assignment with a minimum 10% grade deduction.
2. The second offense will result in a zero on the assignment, a conversation with me, and an opportunity to redo the assignment with a minimum 50% grade deduction. The office and parents will also be notified.
3. The third offense will result in a zero on the assignment, a conversation with me, and no opportunity to redo. The office and parents will also be notified and there may be potential loss of credit as decided by school policy.

For class activity work and group projects, I expect you guys to be honest about what you have done. I might have you redo class activity or group assignments individually if you didn't contribute to the group assignment. Please only share notes with each other with permission from me. If you have copied someone else's notes word for word, I will follow the plagiarism guidelines above.

Sports Medicine 2 Course Outline--Semester 1

The following outline is intended to serve as a guide. Changes can and will be made throughout the year as needed. Instructions for specific assignments will be given at the appropriate times.

	Topic	Chapter(s) in text
Week 1-2	**American Red Cross CPR/First Aid Review**	**N/A**
	Reading: None	
	Assignments: Practicals for CPR/First Aid, Paper Test	
Week 3	**Review of Muscle and Bone Anatomy/Directions/Movements**	**N/A**
	Reading: I will have links to different sites for you for this section.	
	Assignments: Paper and practical quizzes and a test over muscle and bone anatomy as well as body directions and movements	
Week 3-5	**Foot Evaluation and Common Injuries**	**18**
	Reading: 485-498, 512-517	
	Assignments: Anatomy quiz, Foot HOPS, Arch/toe tapings, Specific Injury Report	

Weeks 6-8 **Ankle Evaluation and Common Injuries** **19**

Reading: 522-529, 532-537, 545-551

Assignments: Anatomy quiz, Ankle HOPS, ankle tapings, Specific Injury Report

Week 9 **Review for Mid-term Exam**

Review: CPR/First Aid, Anatomy, Chapters 19 for written/practical exam

Assignments: Review for exam

Week 10-11 **Knee Evaluation and Common Injuries** **20**

Reading: 557-568, 575-578, 595-600

Assignments: Anatomy Quiz, Knee HOPS, Knee bracing/tapings, Specific Injury Report

Weeks 12-14 **Hip/Thigh Evaluation and Common Injuries** **21**

Reading: Pgs 606-610, 614-620, 631-636

Assignments: Anatomy Quiz, Hip HOPS, Hip wrapping, Specific Injury Report

Weeks 15-17 **Shoulder Evaluation and Common Injuries** **22**

Reading: Pgs 640-648, 667-675

Assignments: Anatomy Quiz, Shoulder HOPS, Shoulder wrapping, Specific Injury Report

Week 18 **Review for Semester Exam**

Review: CPR/First Aid, Anatomy, Chapters 10, 15, 19-22 for written/practical exam
Assignments: Review for exam

Extra Unit (if time allows) Infect. Diseases, Bloodborne Pathogens, and Skin Conditions 14, 28

Reading: Ch 14—pg 367-371 (choose 1 of the headings to read about), 371-376

Ch 28—pg 857-868

Assignments: Quiz over skin reading/vocab, group presentation over a skin condition (pgs 868-884)

Sports Medicine 2 Course Outline—Semester 2

	Topic	Chapter(s) in text
Weeks 1-2	**Conditioning Techniques** Reading: Entire Chapter ☹ in 3 chunks, pg 83-92, 93-106, 106-117 Assignments: Quizzes over 3 sections, Cardiorespiratory training design project, Resistance training design project, Flexibility techniques design project.	**5**
Week 3-4	**Therapeutic Modalities** Reading: Pgs 379-387, 398-404 Assignments: Quiz	**15**
Weeks 5-8	**Project Based Learning Unit** Reading: The reading for the assignment will vary. Assignments: You will be by yourself or with a partner working on a large research/practical/presentation project.	**TBD**
Weeks 9-10	**The Spine** Reading: 734-741, 741-756, 757-781 (portions of, not all of it) Assignments: Anatomy quiz, Spine HOPS, Specific Injury Report	**25**
Weeks 11-12	**Performance Nutrition** Reading: TBD Assignments: Performance Nutrition Plan Project	**5**
Weeks 13-15	**Sports Psychology** Reading: TBD Assignments: Sports Psych Project	**11**
Weeks 16-18	**Review for Semester Exam** Review: Nutrition, Sports Psych, Chapters 5, 14, 25, 28 for written/practical exam Assignments: Review for exam	