Instructor: Dan Newell M.Ed., LAT, ATC, CSCS
Text: **various resources in class and online**
Materials Needed: notebook, pens and or pencils

COURSE OBJECTIVES & OUTLINE

1. The student will gain knowledge of basic injury evaluation and rehabilitation skills.
2. The student will gain basic CPR & First Aid skills.
3. The student will continue to hone taping skills and medical terminology
4. The student will gain valuable experience from sports medicine clinics
5. Student will learn the curriculum in preparation for the NASM Certified Personal Trainer Exam

ATTENDANCE

The student is expected to attend each class session. If the student knows that they will be unable to attend class, please inform the instructor ahead of time. Work that is missed during a prior arranged absence is still due on the predetermined due date. **Attendance Policy**, **Tardy Policy**

YOU WILL NOT BE ABLE TO MAKE UP A TEST IF YOU HAVE AN UNEXCUSED ABSENCE ON A TEST DAY!

CONDUCT: Food and/or drink are allowed – abuse eliminates the privilege. There are times when we will use Computers during class activities. Otherwise, if electronic devices are used, they will be confiscated. Respect others right to learn and keep the private talking to a minimum.

CELL PHONE/Personal Devices: Cell Phone Policy

The use of cell phones & earbuds is strictly prohibited during instructional time and school assemblies.

Classroom Procedures: At the beginning of each class period, all students are required to place their cell phones/personal technology devices in the designated phone storage space (i.e. the Phone Zone) provided by the teacher.
Phones must remain in the Phone Zone (not in pockets or backpacks) for the duration of the class. (Exceptions made for health-monitoring devices.)

Violation of Policy: If a student is found in possession of or using a cell phone during prohibited times, the following steps will be taken: (1) Staff member will call the Main Office to report the violation (2) Students' cell phone/device will be confiscated and delivered to the Main Office where it will be secured for the remainder of the day. (3)The student will be assigned 2-hour Saturday School as a disciplinary consequence.

Repeated Offenses: Continued violations of the electronics policy may result in additional or alternate disciplinary measures, up to and including a 4-hour Saturday school. Consequences will be determined based on the frequency and nature of the infraction in consultation with school administration.

GRADING POLICIES

Too many absences and not doing your homework will guarantee you a grade below your ability! Make it easy on yourself: show up and do your homework!!!

**I encourage you to work together on homework assignments and projects, as this can be a very beneficial way to learn the anatomy and functions of the human body, injuries, and rehabilitation techniques.

A	**93-100%**	**C**	**73-76.9%**
A-	**90-92.9%**	**C-**	**70-72.9%**
B +	**87-89.9%**	**D+**	**67-69.9%**
B	**83-86.9%**	**D**	**60-66.9%**
B-	**80-82.9%**	**F**	**40-59.9%**
C+	**77-79.9%**		

***Opportunity for points can change at any time with the addition of quizzes, assignments and tests**

**** PACIFIC NW COLLEGE CREDIT**

You will earn Pacific NW College Credit if you receive a B or better. Registration is $50.

You will receive 15 credits through Bellevue College:

- **Medical Terminology Professional AHE 110**
- **Relationships in Healthcare AHE 140**

***** REQUIRMENT!!!! - In order to pass this class, it is required that you observe and or work 60 hours throughout the school year. This is clinical observation with a Medical Professional or with a Certified Personal Trainer or Strength Coach. This could be at any office in the Sports Medicine field: Physical Therapy, Chiropractor, Dentist, Physician, Massage Therapy, Acupuncturist, Nutritionist, Personal Trainer, Athletic Trainer, etc. etc.**

INJURY EVALUATION

- Injury Evaluation Process
- Injury nomenclature & medical terminology
- Injury note taking
- Concussion Evaluation
- Postural Analysis
- Foot Evaluation
- Ankle Evaluation
- Knee Evaluation
- Spine Evaluation
- Shoulder Evaluation
- Elbow Evaluation
- Hand/Wrist Evaluation



INJURY REHABILITATION

- Injury Rehabilitation Process
- Foot/Ankle Rehab
- Knee Rehab
- Shoulder Rehab
- Elbow/Wrist/Hand rehab

***Injury Evaluation will consume all of the 1st semester and part of the 2nd semester. It is more practical based and will be tested as such.**

***Injury Rehabilitation will finish the school year and is primarily project based and will be graded on the project that you submit.**

***Every Friday will be a lab based day learning the process of Personal Training and to help prepare you for the Certified Personal Trainer (CPT) Exam through The National Academy of Sports Medicine (NASM) at the end of the school year.**