

SPORTS MEDICINE I Class Syllabus(2101)

One Year Course, 9-12th grade (1.0 State Elective Credit-TEA approved)

Jennifer “Coach” Dodge ATC, LAT

Athletic Training Room: Women’s Field House Sports Medicine Class Room: M604

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Course Description

This course provides an opportunity for the study and application of the components of sports medicine including but not limited to: sports medicine related careers, organizational and administrative considerations, prevention of athletic injuries, recognition, evaluation, and immediate care of athletic injuries, rehabilitation and management skills, taping and wrapping techniques, first aid/CPR/AED, emergency procedures, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, and therapeutic exercise.

Course Essential Knowledge and Skills (Objectives) Students will be introduced to: Concepts of Sport Injury, The Athletic Health Care Team, The Law of Sports Injury, Sport-Injury Prevention, The Psychology of Injury, Nutritional Considerations, Emergency Plan and Initial Injury Evaluation, Blood Borne Pathogens, Injury Assessment, and The Adolescent Athlete.

Grading Policy

Class Assignments	20%
Class Labs	20%
Class Participation	20%
Quizzes	15%
OTE (Tests)	25%

Class Expectations...

Come to class prepared; be willing to discuss/contribute to class conversations; know what you need to have, like homework or clothes to dress out. **Keep phones, headphones or media players secured and out of sight.**

Supplies:

Classroom days will require the following:

A writing utensil(pen/pencil).

3 Ring Binder (1-1.5 inch)

General Information

There will be a semester exam, which will cover material from the entire semester; it will be 1/5, or 20% of the entire semester grade, with each 9-week grading period being 40% each. Students are responsible for make-up work when absent. **A student will be allowed one class day for each day of absences to make up the assigned work. Extracurricular absences and makeup work must be completed and turned in either the day prior to absence or the first day after the absence at the discretion of the teacher.**

Test Correction Guidelines

- Students making a 79 and below on a test are eligible to make corrections.
- 80 - Maximum Correction Grade
- Corrections must be completed on a separate sheet of paper, stapled to the original test.
- Incorrect answers must be written out in a corrected format.
- Each correctly re-answered question will receive half of the missed points back
 - ✓ Ex: Questions worth 5 points; you will receive 2.5 points back towards your grade.
- Corrections must be completed and turned in within 1 week of receiving graded test.

Schoology Access Code: VD243-JSGNN

General Information Sheet

Name: _____
Cell Number: _____
Email: _____

Mother's

Name: _____
Cell Number: _____
Email: _____

Father's

Name: _____
Cell Number: _____
Email: _____

What extracurricular activities, clubs or organizations are you in?

What are your hobbies and/or interests?

List a few crazy facts about yourself:

List a few reasons why you signed up to take Sports Medicine:

Student/Parent Disclaimer:

Sports Medicine I class is designed to introduce, to students, what Sports Medicine/Athletic Training encompasses. Many aspects will be covered. Discussions about how athletes, coaches, parents, etc. deal with serious injuries, surgery, rehabilitation, even death will be covered. Various pictures and/or videos of injuries, sensitive athletic issues and surgeries will be shown; some might be of a graphic nature and emotional. During the Sport Psychology Unit, we will be watching Rocky III (PG). Students will do research, whether through magazines, newspaper or on-line articles, about conditioning programs, eating disorders and injuries. Sporadically throughout the course, students will be required to dress out and participate in class activities. There will be palpation/hands on activities, such as testing for ankle and knee injuries.

By our signatures, we understand the following course outline for Sports Medicine I:

Course Description, Course Essential Knowledge and Skills (Objectives), Grading Policy, Class Expectations, General Information, Test Correction Guidelines, and the Student/Parent Disclaimer.

Student Printed Name: _____

Student Signature: _____ Date: _____

Parent Printed Name: _____

Parent Signature: _____ Date: _____