**SPORTS MEDICINE INTERMEDIATE**

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**COURSE NAME:** Sports Medicine Intermediate

**PRE-REQUISTITE CLASS**: Foundations in Health Science

**COURSE GOALS:** Upon successful completion of the course, students will demonstrate knowledge of ethical and legal considerations as they relate to healthcare, nutrition in sports medicine, dietary supplements and performance enhancers, training and conditioning techniques, assessment and evaluation of sports injuries, taping and wrapping techniques, psychological intervention for sports injuries, therapeutic modalities and therapeutic exercises.

**ESSENTIAL QUESTIONS:**  What skills and knowledge are needed for a successful career in sports medicine in the 21st century?

**COURSE DESCRIPTION:** Sports Medicine Intermediate is a one credit course that teaches fundamental skills to include therapeutic exercise regimens within the field of sports medicine. Students will explore the study of sports medicine and the relationship to risk management and injury prevention. Students will demonstrate an understanding of anatomy and physiology, with emphasis on the musculoskeletal system. The importance of health promotion, wellness, injury and disease prevention will be emphasized. Students will examine sports medicine facilities, policies, procedures, and protocols utilized in patient care.

**CTSO:** Career and technical student organizations are integral, co-curricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth. The CTSO for the health science pathway is **HOSA. The membership fee for HOSA is $20.**

**INSTRUCTIONAL PHILOSOPHY:** All students are expected to meet all course goals. Instruction will include, but is not limited to, lectures, PowerPoint presentations, videos, demonstration, question and answer, guest speakers, and hands on application. Each student **MUST** meet basic goals without accommodations, so **ALL** students must be able to use academic skills such as mathematics, science, and language arts.

Because employability skills are taught in this course, students will have daily grades based on participation and class work. Therefore, if a student is **NOT** in class that day they **CANNOT** receive class participation points for that day. **THIS INCLUDES STUDENTS IN ECAP OR SUSPENDED**.

**COURSE OUTLINE:**

|  |  |
| --- | --- |
| **WEEK** | **TOPIC** |
| One  | Class/HOSA Orientation and Ethical and Legal Concerns  |
| Two  | Nutrition in Sports Medicine (Embedded Numeracy and Literacy)  |
| Three  | Dietary Supplements and Performance Enhancements  |
| Four  | Training and Conditioning Techniques  |
| Five  | Training and Conditioning Techniques  |
| Six  | Assessment and Evaluation of Sports Injuries (Embedded Numeracy and Literacy)  |
| Seven  | Assessment and Evaluation of Sports Injuries  |
| Eight  | Taping and Wrapping Techniques  |
| Nine  | Taping and Wrapping Techniques |
| Ten  | Psychosocial Intervention for Sports Injuries  |
| Eleven  | Therapeutic Modalities  |
| Twelve  | Therapeutic Modalities  |
| Thirteen  | Therapeutic Exercises  |
| Fourteen  |  Therapeutic Exercises  |
| Fifteen  | Research Projects  |
| Sixteen  | Research Projects  |
| Seventeen  | Presentations |

**ASSESSMENT PROCEDURES:** Students’ performance will be assessed using daily participation, written tests, skills performance, and presentation.

**GRADING SCALE:**

|  |  |
| --- | --- |
| **SUBJECT** | **GRADE PERCENTAGE** |
| Daily Participation/ written classwork | 40% |
| Skills/ Tests | 60% |

**Semester Grade: Each nine weeks is 80% class work and 20% final project**

**CULMINATING PRODUCT:** Knowledge and skills necessary for a career in health care. Students will complete a culminating project in which they create an individualized therapeutic exercise program for a specific injury. This is the “final project”.

**CODE OF CONDUCT: Students are expected to comply with the following classroom rules**

1. Be **professional** at all times. This includes language and interactions with fellow students and teacher.
2. Be seated with all supplies **before** the tardy bell.
3. Work without interrupting others.
4. Treat others with **RESPECT** at all times.
5. **USE OF CELL PHONES IS PROHIBITTED**

**COMMUNICATION:** Students-- join the class REMIND by sending the following code (**@8dddhga**) to 81010. This will be our primary form of communication along with Google Classroom.

**INDUSTRY RECOGNIZED CREDENTIALS (CRI):** N/A

**ACKNOWLEDMENT**

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and my parent/guardian have received and read a copy of the Foundations of Health Sciences syllabus.**

**We understand that students receive daily participation points for employability skills (attendance, classroom participation, staying on task and completing assignments in a timely manner). Points will be deducted if student fails to meet these standards. This prepares students for career readiness in a real world environment.**

**We understand we can contact the Foundations of Health Sciences instructor, Samantha Yates, at 334-567-1218 between the hours of 9:00am and 11:45am with any questions/concerns.**

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**Parent/Guardian Signature Date**

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**Print Parent/Guardian Name**

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**Student Signature**