

Sports Medicine I

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Course Description: Sports Medicine I is an introductory course to athletic training. Topics include the athletic trainer and sports medicine team, health care administration, legal concern, training and conditioning techniques, environmental considerations, protective sports equipment, mechanisms and characteristics of sports trauma, acute care and emergency procedures, and basic evaluation of athletic injuries. This class is a requirement for Sports Medicine II.

Course Objectives: Upon completion of this course, students will be able to:

- Understand the competencies of the athletic trainer
- Establish the fundamental components of an athletic training facility
- Recognize the National Athletic Trainers' Association (NATA) as the leader in this profession
- Recognize the signs of life threatening injuries
- Distinguish between acute and chronic injury management
- Understand the treatment rationale of ice versus heat application
- Understand the need to comply with Occupational Safety and Health Administration (OSHA) guidelines
- Receive CPR/First Aid Certification
- Identify the proper steps in the application and removal of taping procedures
- Understand the anatomy and common injuries of the foot, ankle, lower leg, knee, hip and pelvis, thorax and abdomen, head, neck and spine, elbow, forearm, wrist and hand.
- Understand the legal and ethical issues that face athletic trainers
- Recognize the various environmental conditions that affect sports

- Identify the common medical illnesses that are seen in athletic training

Prerequisite: Biology

Materials Needed: Spiral Notebook, Notebook paper, Highlighter, Coloring pencils, Black ink pen, Pencils, Chromebooks (must be charged)

Grading Policies: Homework assignments must be turned in on time. Late assignments will not be accepted, unless excused by the teacher. Projects will be assigned at least one week in advance. It is required that projects are typed. Quizzes may be announced the day before or may be pop quizzes. Any student missing a quiz must make arrangements with the teacher immediately upon the return to school. Testing schedule will be announced the first day of each school week. Your grade each nine weeks will be based on the following:

- Tests 30%
- Projects 25%
- Quizzes 20%
- Classwork 15%
- Homework 10%

Projects: Students will have four projects this semester that pertain to athletic training. Students will be put in groups that will create an athletic training budget and design an athletic training facility. Students will also make a brochure about dermatological conditions and will present their brochure to the class. Students will choose an upper body and lower body injury that they would like to research and develop a powerpoint presentation. The projects will be presented to the class on the due date that is determined later on in the semester. The following is a guide of what should be included in the powerpoint presentation.

- Total of 15 slides
- Define injury
- Anatomical structures
- Evaluation of injury
- Signs and Symptoms

- Causes of Injury (MOI)
- Treatments
- Rehabilitation
- Return to Play Guidelines
- Prevention
- Works Site Page
- Synopsis

Medical Terminology Weekly Assignment

- Students will need their chromebooks daily for their weekly medical terminology assignments.
- Assignments will be posted online in Canvas each Monday of the week and the assignment will be due on Thursday of each week.
- Every Friday there will be an on-line quiz on Canvas that corresponds to the weekly assignment.

Grading Scale:

A	Superior	90-100
B	Good	80-89
C	Average	70-79
D	Poor	60-69
F	Failing	59 and below

Make-up Procedures:

- All assignments made before your absence is due the day you return
- All assignments made while you were absent are due within 3 days of your return. If you are coming before or after school to make up a quiz or test, you will need to schedule this with me. Please refer to the county policy regarding unexcused absences.
- If you know in advance that you will be absent, you can complete the assignment in advance.

LATE WORK

Board Policy 3400R: Students who fail to complete an assignment by the due date will still be allowed to complete the work up to 3 days after the assignment is due. Anything turned in after the 3rd day will not be accepted.

Day(s) Late	Grade Impact
1 DAY	-10 pts
2 DAYS	-20 pts
3 DAYS	-40 pts
AFTER 3 DAYS	Student will receive a 0.

Attendance Policy: Students will adhere to the attendance policy contained within the student handbook.

- Classroom Policies:**
1. Upon entering room, get materials ready.
 2. Be in your seat and ready to work when tardy bell rings.
 3. Check board for your daily work assignment.
 4. Be respectful to others.
 5. No food, cell phones, or ipods.
-Cell phones/ipods will be taken if they are seen by the teacher
 6. No talking during lectures, study time, quizzes, or tests.
 7. Ask for permission to leave classroom.

By signing this syllabus, you are acknowledging the classroom rules and regulations, as well as any materials needed for this class. This will serve as a contract for abiding these expectations. Please return this signed sheet by Friday, February 3rd.

Student

Date

Parent/Guardian

Date

Teacher

Date

