**Orange High School**

**Sports Medicine 1**

**Fall 2015**

**Contact Information:**

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**Purpose of this course:**

The Sports Medicine 1 curriculum at Orange High School is to provide an opportunity for the study and application of the components of sports medicine including but not limited to: organizational and administrative considerations, legal responsibilities, prevention of athletic injuries, environmental concerns, general medical, pharmacology, rehabilitation and management skills, general fitness, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, therapeutic exercise, athletics and special populations.

**Course objectives:**

At the end of this course, the student will be able to:

1. Describe a well-designed athletic training facility, budget, supplies, and records
2. Describe legal concerns and considerations in athletic training
3. Identify the principals of conditioning, rehabilitation, and modality use.
4. Discuss the role of nutrition in athletics
5. Identify the methods to prevent injury through equipment and environmental concerns
6. Define the role of psychology in athletics
7. Describe common illnesses and health conditions within athletics
8. Explain the impact of sports on special populations

**Grading Policy:**

Tests: 35%

Final Project: 15%

Semester Grade

Projects: 25%

Quizzes: 10%

Homework: 10%

Participation: 5%

Semester 1: 40%

Final Grade

Semester 2: 40%

Final Project: 20%

Homework should be completed and submitted at the beginning of class on the day it is due. Late homework will lose 10 points off the grade for each unit that it is late. In the case of an excused absence, you will have the number of days equal to the number you missed to turn in that work. If you miss a quiz or test, you will be required to make that up outside of class time. See me for possible make-up days before or after school.

# Classroom Rules

* Respect others opinions in the classroom.
* Come to class prepared.
* Keep an open mind.

# Be accountable for your actions.

# Course Required Activities/Expectations

* You are expected to participate in class each day. This includes class discussion, activities, labs in the training room, and group projects.
* You are to come to class prepared.
* Make up work will be the responsibility of the student. You will be expected to contact me for make-up work.
* You are encouraged to volunteer each semester in the athletic training room, sport practices, and/or sport games under the supervision of the Athletic Trainer.
* You will have “Lab” days periodically. I will tell you prior to that day. You must wear appropriate clothing that day as there will be occasions that you are required to kneel on the floor, lie on the tables, etc

# Content Covered:

Chapter 1: Fitness Professionals, Coaches and the Sports Medicine Team

Chapter 2: Organizing and Administering an Athletic Health Care Program

Chapter 3: Legal Liability and Insurance

Chapter 4: Preventing Injuries Through Fitness Training

Chapter 5: Sports Nutrition and Supplements

Chapter 6 - Selecting and Using Protective Sports Equipment

Chapter 7: Understanding the Potential Dangers of Adverse Environmental Conditions

Chapter 8: Handling Emergency Situations and Injury Assessment

Chapter 9 - Bloodborne Pathogens, Universal Precautions, and Wound Care

Chapter 11: Understanding the Basics of Injury Rehabilitation   
Chapter 12: Helping the Injured Athlete Psychologically

Chapter 25 - Pharmacology, Drugs, and Sports

# Common Core and Essential Standards:

*This course expands on the state standards for Healthful Living and infuses clinical application of medical skills and health literacy.*

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*I have read the syllabus and agree to abide by these guidelines.*

Student Signature Date

*As a Parent/Guardian, I have read the syllabus and support these guidelines.*

Parent/Guardian Signature Date