**Orange High School**

**Sports Medicine 2**

**Fall 2015**

**Contact Information:**

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**Purpose of this course:**

The Sports Medicine 2 curriculum at Orange High School is designed to introduce students to the science of human anatomy and physiology, various injuries of the body, and ways to care for these injuries. The students will be given a better understanding of sports medicine and other related professions in order to promote the profession. All students will be given the opportunity to gain better communication skills through various written projects, presentations and practical skills.

**Course objectives:**

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

1. Present knowledge in the areas of human anatomy, physiology, and kinesiology
2. Present knowledge in the recognition of basic athletic injuries and ways to provide initial care for these injuries
3. Present knowledge in the prevention of athletic injuries
4. Define and properly use anatomical and medical terminology

**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 Exam: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

# Proposed course schedule:

 *This general time line may change due to holidays, teacher work days, and inclement weather*

 Anatomy and Medical Terminology

Off the Field Injury Evaluation

Chapter 10 – Bandaging and Taping Techniques

 Chapter 13 – Recognizing Different Sports Injuries

 Chapter 14 – The Foot

 Chapter 15 – The Ankle and Lower Leg

 Chapter 16 – The Knee

 Chapter 17 – The Thigh, Hip, Groin, and Pelvis

 Chapter 18 – The Shoulder

 Chapter 19 – The Elbow, Forearm, Wrist, and Hand

 Chapter 20 – The Spine

 Chapter 21 – The Thorax and Abdomen

 Chapter 22 – The Head, Face, Eyes, Ears, Nose, and Throat

 Chapter 23 - General Medical Conditions and Additional Health Concerns

 Chapter 25 – Youth Injuries

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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