

Sports Medicine Syllabus 2019-2020

Instructor: Mr. Chris Pieterick

Department: Career and Technical Education (CTE)

Credit: One occupational credit (1.0) may be earned

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I. Course Description

- a. This course will give students an insight into the ever-changing field of athletic training and the umbrella of careers related to health and fitness. With the emphasis of fitness and the big increase in the number of sports available, the necessity of having more trained individuals prepared for entry level jobs in allied health careers or to pursue post high school education in health-related fields has become evident. We will touch on many of these fields and pathways to uncover a passion for helping others.

II. Materials

- a. Textbook
- b. Workbook(s)
- c. Binder or notebook to keep all assignments

III. Course Objectives

- a. Students will have the introductory knowledge of the following:
 - i. Anatomy and physiology
 - ii. Conditioning concepts
 - iii. Injury prevention
 - iv. Fitness and nutrition management concepts
 - v. Job finding skills
 - vi. Select allied health careers
 - vii. Drug use and abuse in sports
- b. Students will be able to demonstrate proficiency in the following:
 - i. Effective communication
 - ii. Safety for health/fitness and sport facilities
 - iii. CPR and first aid skills
 - iv. Leadership skills
 - v. Fitness training and testing
 - vi. Athletic training and injury prevention
 - vii. Nutrition and weight management
 - viii. Aerobic and anaerobic conditioning
 - ix. Appropriate work habits

IV. Attendance Policy

- a. Tardies – If you receive 3 tardies, you will be given detention as it is the school policy.
- b. Absence – If you are absent from class, it is YOUR responsibility to talk to me about what you missed and to make that up by an agreed upon turn in date.

V. Grading

- a. Class grade will be based on a combination of tests, projects, quizzes, and assignments throughout the year. Demonstrating proper practical skills will also be required (CPR, First Aid, Taping, Bracing, etc...)
- b. The class will be graded on a standard 4.0 Academic Scale:
 - i. 94 - 100% = A
 - ii. 87 - 90% = B+
 - iii. 80 - 83% = B-
 - iv. 73 - 77% = C
 - v. 67 - 70% = D+
 - vi. 60 - 63% = D-
 - 90 - 94% = A-
 - 83 - 87% = B
 - 77 - 80% = C+
 - 70 - 73% = C-
 - 63 - 70% = D
 - <60% = F
- c. Semester Grades:
 - i. Tests/Projects – 60%
 - ii. Quizzes – 30%
 - iii. Assignments – 10%
- d. Units (Units may be altered as necessary)
 - Unit #1 – Introduction to sport medicine (Ch 1,2,3,4)
 - Unit #2 – Emergency Preparedness: Injury Game Plan (Ch 5, 15) CPR/1st AID/AED Certification
 - Unit #3 – Anatomy/Physiology (Ch 16)
 - Unit #4 – Kinesiology (Ch 14)
 - Unit #5 – Strength & Conditioning
 - Unit #6 – Prehabilitation and Preseason Conditioning/Rehabilitation (Ch 7)
 - Unit #7 – Sport Nutrition and Supplements (Ch 8,9)
 - Unit #8 – Special Considerations (Ch 25)
 - Unit #9 – Sports Psychology (Ch 10)
 - Unit #10 – Assessment, Evaluation and Treatment of Sport Injuries (Ch 11,12)
 - Unit #11 – Evaluation of the Head/Concussions

VI. Dual Credit

- a. Students who maintain a B-average grade over both semesters will be eligible to apply for 15 credits through Bellevue College as part of the dual credit program. This provides a great head start on college credits and can potentially save a lot of money. There is also a possible 3 credits available for successful completion and certification for the CPR/First Aid/AED unit we cover in class.

VII. Make Up Work and Tests

- a. Work can be made up when late for 50% up until the end of the unit. After the unit test the work will not be accepted. If a test is failed, you can make it up for 70% of the original credit and MUST be done within one week during your own time or be scheduled with the instructor.

VIII. Projects/Tests

- a. The primary focus of this semester will be on projects and presentations to encourage students learning in areas they may be interested in. Most of these will be collaborative and give students the opportunity to work together towards shared learning.