**AK** SPORTS MEDICINE I-II

2014-2015 Syllabus

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**Purpose of the Course:**

The course is designed to introduce students to Sports Medicine and Athletic Training by recognizing the roles and responsibilities associated with Athletic Training and various Sports Medicine careers.

**Course Objectives:**

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

1. Explain the professions associated with Sports Medicine.
2. Present knowledge in the legal aspects of Sports Medicine and Athletic Training.
3. Present knowledge in the recognition of emergencies/basic athletic injuries and ways to provide initial care for these injuries.
4. Present knowledge in the prevention of athletic injuries.
5. Define and properly use anatomical and medical terminology.

**Course Units:**

1. *Introduction to Sports Medicine and Athletic Training*
2. *Organization and Administration of Athletic Training*
3. *Emergency Management and Recognition*
4. *Injury Prevention: Protective Equipment/Taping/Bracing*
5. *Injury Prevention: Basic Anatomy*
6. *Injury Prevention: Management*

**Classroom Standards & Procedures:**

1. Be Respectful of yourself, your peers and their property, your teacher and your classroom. (***ONLY WATER IS  ALLOWED!!!***)

######  **Guidelines**

All students are expected to be respectful of the teacher, classmates, materials and the school;

* When the bell rings, students must be in their assigned seat and begin working on the bell ringer assignment
* Active listening techniques are to be used when OTHERS are speaking
* Cooperation is imperative to succeed in class
* Discuss personal issues privately with the teacher
* **Follow ALL CMS and AK High School Rules**

 **Discipline**

**AK H.S.**policies and procedures for disciplinary problems and tardiness will be enforced in this classroom. Know and understand the

Consequences for your behavior and the choices you make.

You will take **FULLRESPONSIBILITY** for your behavior and actions.

**Consequences:**

1. Verbal Warning
2. Parent Contact/ Conference
3. Administrative Referral

# Supplies: Materials ( required by 3rd Day of Class of New Quarter)

Students will need to bring the following materials to class each day:

* + 3/5 subject notebook for interactive notebooks.
	+ Paper and pen or pencil, highlighters
	+ Markers, crayons and/or colored pencils
	+ Scotch tape, glue sticks, or stapler (whichever you prefer)
	+ Post-it notes/tabs

I have read and understood the information outlined in the Sports Medicine I syllabus.

Signature of student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date \_\_\_\_\_\_\_\_\_\_

Signature of parent  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date \_\_\_\_\_\_\_\_\_\_

**Contact # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sports Medicine Grading Expectations & Procedures:**

**Academic Honesty:** Academic honesty is an indispensable value as students acquire knowledge and develop skills. Students are expected to practice academic honesty by not cheating, plagiarizing, or misrepresenting their coursework in any way. Students are ultimately responsible for understanding and avoiding academic dishonesty whether an act is intentional or unintentional. Violations will result in failure of an assignment.

**Attendance** is vital to your success in this course. ***Please take care of all personal matters outside of class.***

**Assignments/Tests – NO LATE WORK!**

Assignments will be turned in **on the date due** for full credit. If a student is absent on the day an assignment is due he/she must turn in the assignment on the **next day of return**. **Five school days** will be given in which to makeup the work they missed or a “0” will be given.

**Students are responsible** for asking about missed work and missed tests. Students absent on a test day must schedule with the teacher a time to make-up the test.

**EVALUATION**

**30% Informal** HOMEWORK/CLASSWORK/ARTICLES

**70% Formal**

UNIT PAGES/NB /QUIZZES/TESTS/PROJECTS

**Grading Scale:**

A student’s grade in this class will be based on major assessments (70%) test, quizzes, projects and other assignments (30%)

93 – 100% = A

85 –   92% = B

77 –   84% = C

70 –   76% = D

 0 –    69% = F

**How will my notebook be graded?**

Notebooks will be checked at least 3-4 times per quarter. All class completed notes and notebook assignments need to be included, even for days you are absent. **You are responsible for getting and completing all assignments you miss!** An important part of your notebook is ***VISUAL APPEARANCE***. Your notebook needs be **neat and complete!!**

**How should the notebook be set up?**

The ***FRONT COVER*** of your notebook is yours to decorate. The cover should show who you are and what you like. Include pictures of yourself, friends, family or your favorite hobbies. This makes your notebook yours and different from your fellow classmates. Once the front cover is decorated, you should cover it with clear wide packing tape (wide packing tape, not scotch tape).

The **FIRST PAGE** of your notebook will display specific reasons why you are a **SHINING STAR (wordle)**. Once this assignment is complete, it will also need to be covered with clear packing tape.

Next will be the **TABLE OF CONTENTS**. You need to keep 3-5 pages blank for your table of contents. Each assignment should be included with the page numbers provided.

Before each unit listed on the syllabus, you will be required to create a unit page. This will be placed on a **right-hand page** and you will include the **Unit Number** and **Unit Title**. It will allow you to separate each unit and be able to access your information more quickly. You will be asked to use the **5-5-5 Rule.** This rule requires that you have at **least 5 colors, 5 pictures, and 5 facts about the unit.**  These pages will have tabs and will also be covered with wide clear packing tape. This is a great opportunity to showcase your artsy side.

**What it the purpose of the notebook?**

The purpose of the interactive notebook is to enable you to be a creative independent thinker and writer. Interactive notebooks will be used for class notes as well as for other activities where you will be asked to express your own ideas and process the information presented by this class. You will be creating your own personalized textbook.

**How will my notebook be organized?**

Every PowerPoint, notes, handouts and assignments will be organized in order of completion by date. The first 3-5 pages will be designated for the table of contents of your notebook which will be filled in as we go through the grading period. Each page after the table of contents will be numbered and correspond with the table of contents.