

Sports Medicine



Patch High School

What is Sports Medicine?

- Sports medicine is a branch of medicine that deals with physical fitness, treatment and prevention of injuries related to sports and exercise.

What is PATCH SM

This course is designed to expose high school students to the allied health profession with a particular emphasis on Sports Medicine. This program provides a unique opportunity for students to learn theory and apply the theory to practice through practical teaching sessions.

Areas of interest:

- athletic training
- physical therapy
- biomechanics
- exercise physiology
- sports nutrition
- sports psychology



Syllabus

- **Sports Medicine and Health Technology Syllabus**
- **Course Description:**
 - This course is designed to expose high school students to the allied health profession with a particular emphasis on Sports Medicine. This program provides a unique opportunity for students to learn theory and apply the theory to practice through extensive practical sessions.

Course Expectations

- This program provides interested students the opportunity to actively be engaged in the learning process related to allied health concepts. The following are the expectations of the instructor:
- Students will actively be involved in the educational process
- Students will respect the instructor, other students, and themselves. Respect for other personnel involved in the learning process (guest speakers, etc.) is expected.
- Students will take responsibility for learning through class participation and engagement in class activities.
- Students will maintain professional behavior in the laboratory to ensure the safety of others to prevent damage to equipment.
- Attendance in this class essential to succeed in the course.
- Learning will occur best if the student wants to learn- since this is an optional program- I hope you are all anxious to learn the material for the course. Your behavior should demonstrate your eagerness to learn.
- This class requires some out of class work- Most students do best if they allot some time daily to this course, rather than waiting for the night before the exam to study. Additionally, OP's require practice- use some lab time wisely because you may not have the supplies to practice at home.
- REMEMBER- HONESTY, INTEGRITY, and LOYALTY!!
- I believe students rise to meet your expectations- Believe in yourself and ask for help if you need it. I am always available to help those who work for it.

| <u>Dates</u> | <u>Related</u> | <u>Lab Content</u> |
|------------------------------------|--|--|
| <u>Jan. 30-Feb. 2, 2012</u> | Liability and Record Keeping Ankle Anatomy and Evaluation | Mock Trials Ankle OP |
| <u>Feb. 6-14, 2012</u> | Foot and Ankle Anatomy and Injuries | Practice OP |
| <u>Feb. 15-24, 2012</u> | Knee Anatomy and Injuries | Knee Evaluation PT clinic |
| <u>Feb. 27-March 7, 2012</u> | Therapeutic Modalities | Modalities |
| <u>March 23- April 5, 2012</u> | Injury Prevention Injury Rehabilitation | Goniometry Testing Manual Muscle Testing |
| <u>April 16-May 8, 2012</u> | Physiology | ATP lab |
| <u>May 10-18th 2012</u> | Nutrition | Guest Speaker |
| <u>May 21-24, 2012</u> | Health Appraisals | Family Tree Fitness Testing |
| <u>May 29-June 8, 2012</u> | Exercise Techniques | Fitness Program Aerobics Project |
| <u>June 11-14, 2012</u> | Semester Final- Review | |

- **Textbooks and Lab Materials:**

- This class has a classroom set of textbooks for your reference. There will be times when you will check the book out and it is your responsibility to sign it back in with ME upon returning.
- You should have shorts, tee- shirt and tennis shoes for labs. Our schedule can change so be prepared.

- **Grading:**

- You will have ample opportunity for points in this class. The grading is as follows:

- Written Tests 25%
- Oral Practicum Exams/labs 25%
- Quizzes 20%
- Homework 20%
- Attendance/ Hours 10%

- Missed work must be completed with 2 days of your return to school unless prior arrangements have been made with the teacher!
- Most importantly, take advantage of this unique learning environment to prepare yourself for the future. What you do today will definitely help you in your career pursuits. ***WORK HARD and HAVE FUN!***

