

**THORNTON TOWNSHIP HIGH SCHOOL DISTRICT 205**

**Course: INTRODUCTION TO SPORTS MEDICINE**

***and* ATHLETIC TRAINING**

**\* \* \* SYLLABUS \* \* \***

**Instructor: Ms. Shavon Fomby**

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**COURSE DESCRIPTION:**

The Introduction to Sports Medicine and Athletic Training Beginning course is a two (2) semester course designed for students who are interested in fields such as athletic training, physical therapy, medicine, nurse, fitness, physiology of exercise, kinesiology, nutrition, EMT, and other sports medicine related fields. It is offered as a classroom and lab course to provide students with an avenue through which to explore these fields of study. This course focuses on the basic information and skills important in the recognition of, care, prevention, and preliminary rehabilitation of athletic injuries. The course includes class work and hands on application. (One 50 minute class period per day). One Unit of Physical Education Elective Credit may be earned for successful completion of this course. Credit for this course cannot be used to replace any required course in the Drivers Education, Health, and Physical Education Program.

**COURSE OBJECTIVE:**

Through classroom engagement and hands-on experience students will become familiar with the concepts relevant to sports medicine. Students will learn to prevent, treat, and evaluate athletic injuries and maintain an efficient, professional athletic training facility.

**CLASS MATERIALS:**

**Textbook: Principles of Athletic Training, 14<sup>th</sup> Edition – William E. Prentice, McGraw-Hill, © 2011, ISBN 978-0-07-352373-6**

**Supplemental Reference Textbook: Concepts of Athletic Training: 6<sup>th</sup> Edition – Ronald P. Pfeiffer & Brent C. Mangus, Jones & Bartlett Learning, © 2012, ISBN 13:978-0-7637-8378-5**

**Student Supply List:**

Students are required to keep a 2 – 3 inch thickness three ring binder as a notebook with the following tab divider sections: syllabus/competencies, Notes/Handouts, Quizzes/Tests, Vocabulary and Worksheets/Coloring. Standard ruled 8½ x 11 inch paper to is to be used for taking notes. Students are also required to have at least 3 ink pens (black ink) and 3 sharpened - #2 pencils with good erasers together with a colored lead pencil set of at least 5 colors.

**Gym/Weight Training/Exercise Room:** Use of fully equipped weight training and exercise room is required for student use.

**CLASS EXPECTATIONS:**

**1. Participate in your learning!**

- a. Raise your hand often to give your answer or opinion
- b. Participate in discussions
- c. Be a reliable group member
- d. Check your grade often and take steps to make sure you are on track
- e. Complete and submit all assignments on time

**i. Late Work:**

- 1.1) Students are entitled and expected to make up work missed due to excused absences. It is the student's responsibility to find out what they have missed and make up the work. Please discuss with your Teacher the day after the absence to discuss your options.
- 1.2) If you decide to turn in work late without an excused absence, your grade will be reduced 5% per day up to 50%. All such work must be turned in not later than 10 school days after its original due date otherwise you will receive zero credit for the unexcused absence assignment.
- 1.3) Late work may be accepted for partial credit under the same requirements as stated in 1.3 above.

**1.4) Late work due to an excused absence can be turned in for full credit. However, the student will be allowed as many days as he/she was absent to turn in the work past the student's return to class**

**ii. Assignments**

**2.1) Assignments may not be made up, except in the case of excused absences. In such cases students have up to one week from the original due date.**

**iii. Projects:**

**3.1) Projects are larger assignments that are given weeks before they are due and students are given ample time to turn them in early or on time. For this reason, students will not be able to turn in projects in after the due date. However, when extenuating circumstances arise students may be permitted to make arrangements prior to the due date to turn the project in at a later time. Arrangements for a due date extension cannot be made after the original due date has passed.**

**f. Test dates are given will in advance. If absenteeism occurs during a test date, students will set up the time with the teacher and take the test upon their return to school.**

**g. *WHEN YOU ARE ABSENT: 1) check with your Teacher for missed work 2) ask your desk partner to copy notes or if you missed anything.***

**2. Treat others the way you would like to be treated**

**a. Polite, Prepared, Productive, Positive, Prompt**

**b. Respect other people's opinions – you do not have to agree, but you should listen to what they have to say respectfully**

**c. If you have an opinion, share it in a respectful way – language and tone**

**d. Respect your environment: make your classroom a nice place in which to learn**

### **3. Follow the District 205 and Program Policies.**

- a. This includes the absence, tardy, electronics (iPods and cell phones), and dress policies.
- b. **Tardiness/Attendance:** As a young adult, it is your responsibility to be to class on time. Tardiness delays the start of class and interrupts learning in progress. (If you are not early, you are late!) Please be seated at your desk when the bell rings and begin your daily work. Tardiness will not be tolerated and will be dealt with according to the District 205 policy. Following an absence it is your responsibility to find out what work needs to be completed. You must have an excused attendance slip to make-up any class work or tests/quizzes.
  - i. **Sports Medicine** is a participation-dependent subject. Attendance is extremely important because skills are demonstrated and practiced during class that are not easily represented or explained in text. Students are strongly encouraged to attend each class period in order to stay on pace with the course.

#### **Absences:**

- 1) You are allowed one day for each day missed to complete missed assignments following an excused absence. Please write the date(s) you're absent on top of the assignment.
- 2) Following an absence it is your responsibility to find out what work needs to be completed.

#### **GRADING SCALE:**

90 - 100 = A, 80 - 89 = B, 70 - 79 = C, 60 - 69 = D and 0 - 59 = F\*

\*Any grade less than 60 is an "F".

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**\* \* \* Pacing Guide \* \* \***

**Introduction to Sports Medicine  
and  
Athletic Training**

**Semester One:**

**1) INTRODUCTION TO SPORTS MEDICINE (4 periods)**

- *Identify the essential components of an effective sports medicine program.*
- *Identify personal characteristics of sports medicine practitioners*
- *Define medical terminology and abbreviations (throughout year)*
- *Basic injury treatment and taping procedures*

**2) ATHLETIC TREATMENT CENTER PROTOCOLS (5 periods)**

- *Describe and demonstrate Athletic Treatment Center operational protocols (record keeping, inventory, budgeting)*
- *Identify and describe how blood-borne pathogens are transmitted, universal precautions , and disposal of hazardous wastes and sanitation.*
- *Describe and demonstrate the functions and uses of various sports medicine supplies and equipment.*

**3) EMERGENCY PROCEDURES (6 periods)**

- *Demonstrate the proper procedure in providing cardiopulmonary resuscitation. (AMERICAN RED CROSS CERTIFICATION IN BOTH CPR AND FIRST AID.*
- *Describe and demonstrate various first aid procedures (splinting, bleeding control, etc.)*
- *Demonstrate the procedures in obtaining vital signs of an injured person.*
- *Identify the steps to take in planning for athletic emergencies.*
- *Demonstrate the function of the emergency equipment necessary for handling athletic emergencies.*
- *Describe and demonstrate the anatomical basis, specific evaluative procedures, preventive exercises/techniques, and treatment techniques for head and cervical spine injuries.*
- *Describe and demonstrate how to recognize and treat environmental illness (heat stroke, heat exhaustion, hypothermia).*

**4) ATHLETIC INJURIES: EVALUATION, TREATMENT, AND TAPING/WRAPPING PROCEDURES (6 periods)**

- *Describe how the human body reacts to injury.*
- *Identify the differences between acute and chronic injuries.*
- *Identify different types of sports injuries.*
- *Perform an injury evaluation using the HOPS procedure*

- Describe and demonstrate basic treatment procedures for sports injuries (RICES).
- Identify the basic procedures and supplies needed for athletic taping and wrapping.

#### **5) SPECIFIC SPORTS INJURIES**

- Describe and demonstrate the anatomical basis, preventive exercises, specific evaluative procedures, treatment techniques, and specific taping and wrapping procedures for:

- FOOT/ANKLE/LOWER LEG INJURIES (8 periods)**
- KNEE/THIGH INJURIES (8 periods)**
- TRUNK INJURIES (Hip/Spine/Rib) (5 periods)**
- INTERNAL INJURIES (Abdominal/Thoracic) (3 periods)**
- SHOULDER INJURIES (3 periods)**
- ELBOW/WRIST/HAND INJURIES (5 periods)**

#### **6) FIELD EXPERIENCE IN SPORTS MEDICINE (10 periods)**

- Observe procedures and assist in the following sports medicine settings:
  - Athletic training (high school, college, clinical)
  - Physical therapy (outpatient, inpatient, sports medicine)
  - Medicine(Specialities including: orthopedics, pediatrics, family practice, ophthalmology, otolaryngology, radiology, pathology, and others by request)
  - Fitness (fitness centers, health clubs, etc.)
  - Emergency medicine (emergency room, ambulance)
  - Anatomy (observe autopsies by county coroner)
  - Chiropractic
  - Other specialities by request

#### **7) CAREERS, PROFESSIONAL PREPARATION AND ISSUES (12 periods)**

- List and describe the various career options, including educational requirements in the sports medicine field.
- List and describe the professional organizations and associations of various sports medical professions.
- Demonstrate leadership abilities in the field of sports medicine through work with the Washington Vocational Sports Medicine Association and Wenatchee High School student government
- Demonstrate job search methods in the health care field
- Demonstrate how to write an effective resume
- Demonstrates composure and effective communication skills in a mock job interview.
- List and describe the several issues relating to various sports medicine professions and how these issues impact each profession.
- Develop a sports medicine portfolio that includes a resume, cover letter, a listing of school and sports medicine experiences, self-reflections, and other items. This may also include an electronic portfolio on CD-ROM.

#### **8) THE SPORTS MEDICINE PROFESSION (5 period)**

- History of sports medicine/athletic training
- Sports medicine related careers

**9) ORGANIZATION/ADMINISTRATION OF SPORTS MEDICINE PROGRAMS  
(5 periods)**

- Identify types of liability concerns and how to prevent such occurrences
- Describe the disqualifying conditions for athletes and demonstrate the procedures of administering pre-participation physical examinations.

**\* \* End of First Semester \* \* \***

**Semester Two:**

**10) ADVANCED PROCEDURES IN DEALING WITH ATHLETIC EMERGENCIES  
(12 periods)**

- Recertify for AMC CPR and First Aid
- Review procedures and introduce advanced procedures in emergency care including vital signs, planning for emergencies/equipment, care of head/cervical spine injuries, and environmental illness.

**11) ADVANCED PROCEDURES IN SPECIFIC SPORTS INJURIES**

- Describe and demonstrate advanced procedures (more in-depth anatomical study, preventive procedures, advanced evaluative tests, refinement of taping procedures

- a) FOOT/ANKLE/LOWER LEG INJURIES (6 period)
- b) KNEE/THIGH INJURIES (5 period)
- c) TRUNK INJURIES (Hip/Spine/Rib) (3 period)
- d) INTERNAL INJURIES (Abdominal/Thoracic) (2 period)
- e) SHOULDER INJURIES (3 period)
- f) ELBOW/WRIST/HAND INJURIES (3 period)

**12) FIELD EXPERIENCE IN SPORTS MEDICINE (5 periods)**

**13) PROTECTIVE EQUIPMENT (4 periods)**

- Describe and demonstrate the proper fit, care, and usage of sports protective equipment.
- Identify types and functions of protective equipment.
- Demonstrate how to make custom protective equipment.

**14) PHYSIOLOGY OF EXERCISE/FITNESS FOR SPORTS (5 periods)**

- Describe and demonstrate how to measure fitness with body fat testing, strength/conditioning tests, and flexibility tests.
- Describe and demonstrate the principles and procedures of strength training, flexibility, cardiovascular conditioning (aerobic/anaerobic), and proprioception.
- Demonstrate how to set up an individual on a program for injury prevention or general fitness enhancement.

**15) REHABILITATION OF INJURIES (7 periods)**

- List and describe goals and objectives of various types of rehabilitation programs and how to evaluate an athlete's progress in a program.
- Describe and demonstrate various types of exercises and their functions in a rehabilitation program.
- Describe and demonstrate the use of range of motion, strengthening, and proprioceptive exercises in a rehabilitation program for all major areas of the body.
- Describe and demonstrate special rehabilitation techniques such as proprioceptive neuromuscular facilitation, joint mobilization, etc.
- Describe and demonstrate a functional return to play criteria.

**16) THERAPEUTIC MODALITIES (7 periods)**

- Describe and demonstrate the physiological effects, indications/ contraindications of use

of the following modalities:

- a. ICE
- b. HEAT
- c. HYDROTHERAPY
- d. ELECTRICAL STIMULATION
- e. ULTRASOUND
- f. MASSAGE
- g. MISCELLANEOUS MODALITIES

**17) SPORTS NUTRITION (5 periods)**

- List the various components of food and describe the functions of each component.
- Describe the components of a pre-event meal
- Describe and demonstrate how to safely lose or gain weight
- Describe the signs, symptoms and treatment of various eating disorders.

**18) PHARMACOLOGY (2 periods)**

- Identify the physiological and psychological effects of performance enhancing drugs.
- List and describe the effects and side effects of anabolic steroids.
- Describe drug testing procedures.
- Identify types and functions of various prescription and over-the-counter drugs used in sports medicine.

**19) SPORTS PSYCHOLOGY (2 periods)**

- Demonstrate various psychological methods to help athletes cope with injuries.
- Demonstrate various psychological methods to help athletes prepare for competition.

**20) INTERNAL MEDICINE SECTION (3 periods)**

- Describe (and demonstrate when applicable) the etiology and treatment of the following conditions:
  - a. Colds and influenza
  - b. Allergies
  - c. Common dermatological problems (fungal, bacteria, viral infections)
  - d. Gastrointestinal tract problems
  - e. Diabetes



- f. Anemia*
- g. Exercise induced asthma*
- h. A.I.D.S.*
- i. The female athlete*
- j. Sudden death in athletes*
- k. Other miscellaneous conditions*

*•Describe and demonstrate medical procedures/equipment: including use of otoscope, ophthalmoscope, stethoscope (heart/lung/bowel sounds), etc.*

**21) FIELD EXPERIENCE IN SPORTS MEDICINE (5 periods)**

- Observe procedures and assist in the following sports medicine settings:*
  - Athletic training (high school, college, clinical)*
  - Physical therapy (outpatient, inpatient, sports medicine)*
  - Medicine (Specialities including: orthopedics, pediatrics, family practice, ophthalmology, otolaryngology, radiology, pathology, and others by request)*
  - Fitness (fitness centers, health clubs, etc.)*
  - Emergency medicine (emergency room, ambulance)*
  - Anatomy (observe autopsies by county coroner)*
  - Chiropractic*
  - Other specialities by request*

**22) ADVANCED PROFESSIONAL PREPARATION (6 periods)**

- List and describe the various career options, including educational requirements in the sports medicine field.*
- List and describe the professional organizations and associations of various sports medical professions.*
- Demonstrate leadership abilities in the field of sports medicine through work with the District 205 Student School Board and their high school's Student Government.*
- Demonstrate job search methods in the healthcare field.*
- Update resume*
- Demonstrates composure and effective communication skills in a mock job interview.*
- List and describe the several issues relating to various sports medicine professions and how these issues impact each profession.*
- Continue development of a sports medicine portfolio that includes a resume, cover letter, a listing of school and sports medicine experiences, self-reflections, and other items. This may also include an electronic portfolio on CD-ROM.*