

Sports Medicine I CC1264 Syllabus

2019-2020

Instructor Information

Instructor	Email + Phone Number	Classroom	Conference
Courtney Leppke ATC, LAT	cbeall@aisd.net (817) 841-9107	B216	A: 5 th Period 3:24- 4:55 B: 11 th Period 3:24- 4:55

Course Overview

This course introduces the student to athletic training procedures as they relate to the athlete, physical educator, coach, and athletic trainer over two semesters. The course includes history of the athletic training profession, principles of athletic training, basic anatomy, prevention of injuries, CPR and AED, blood borne pathogens, medical terminology, sports nutrition, and taping and bandaging.

Students will be asked to purchase a Sports Medicine T-Shirt. This shirt will be worn every Friday and during any other designated class times. The price will be **\$10.00**. Please let me know if there are any issues regarding the price.

Objectives

1. Students will understand the role of the athletic trainer and the entire sports medicine team.
2. Students will have the basic knowledge of human anatomy.
3. Students will have the basic understanding of sports related injuries that include tendonitis, muscle strains, ligamentous sprains, contusions, and fractures.
4. Students will learn how to recognize and treat general medical conditions, such as hot and cold weather illness, diabetic emergencies, skin conditions, nutritional deviations and contagious pathogens.
5. Students will leave this class with the ability to perform CPR and AED in Emergency situations.
6. Students will learn about Emergency Action Plans and how to create and implement an Emergency Action Plan.
7. Students will be able to demonstrate basic preventive taping and bandaging techniques.
8. Students will be able to perform a routine injury evaluation.

Materials needed

- Pen/Pencil and paper.
- We will be using Canvas, Teams and several other online resources. Internet access will be necessary to participate in this course as well as some form of camera.

Class Requirements/Expectations

1. **Attend classes. If absent, communicate with teacher prior (If possible) to get missed work.**
2. **Join Band.us and check it often for classroom announcements.**
3. Review all materials before coming to synchronous time.
4. Complete make-up work in a timely manner. **(You will have 1 week ONLY to complete make-up work)**
5. Complete all class assignments on time.
6. Take notes daily and **Keep All Material Organized and Neat.**
7. **Participate** in classroom discussions and activities!

Policies and Procedures

- **No use of cellphones** in class unless instructor approved.
- Attend class daily and **ON TIME.**
- All assignments are due on the date assigned. Unless prior arrangements are made, **late work will be accepted within 4 days of the due date with a 5-point deduction each day.**
- Be **RESPECTFUL** to yourself and your classmates!

Grading Policy:

Tests - Worth 3x a homework grade

Quizzes/Labs - Worth 2x a homework grade

Homework – Worth 1x a homework grade

Make-Up Policy

The make-up work time table for the CTC will be that students will have one class day for each day missed plus one additional class day. The additional class day is to account for the possibility that the

student may not have a class scheduled at the CTC the following day after their absence. Example: If a student is absent on Monday, he/she will have until Wednesday to get their missing work and then must have it turned in by Friday.

Academic Dishonesty

A student found to have engaged in academic dishonesty shall be subject to grade penalties on assignments or tests and disciplinary penalties in accordance with the Student Code of Conduct (SCoC). Academic dishonesty includes cheating or copying the work of another student, plagiarism, and unauthorized communication between students during an examination. The determination that a student has engaged in academic dishonesty shall be based on the judgement of the classroom teacher or another supervising professional employee, taking into consideration written materials, observation, or information from students.

In the Student Code of Conduct Academic Dishonesty is defined as a Group 2 Misbehavior. The range of corrective actions include, but are not limited to a zero on class assignments.

Your class syllabus should address academic dishonesty in your classroom. You may refer parents and students to the SCoC should they have questions about what constitutes academic dishonesty or what corrective actions could be used when issues of cheating arise. It might be a good idea to explain what plagiarism is and is not. Some students and parents may not truly understand what constitutes plagiarism.

Class Year-at-a-Glance

1st Semester		
<u>1st 6 Weeks</u>		
Unit 1: Concepts of Sports Medicine		
1. Injury Definition and Classification	2. Fractures and Dislocations	3. Sports Injuries
Unit 2: CPR and First Aid		
1. Blood-borne Pathogens	2. AHA First-Aid and CPR	
<u>2nd 6 Weeks</u>		
Unit 3: Sports Injury Prevention		
1. Causative Factors of Injuries	2. Protective Equipment	
Unit 4: Emergency Response and Referral		
1. Role of the Athletic Trainer	2. Sports Medicine Team	3. Emergency Action Plan
<u>3rd 6 Weeks</u>		
Unit 4: Emergency Response and Referral		
4. Injury Process		
Unit 5: Nutritional Considerations		
1. Biomolecules	2. Athletic Diet	
Unit 6: Law of Sports Medicine		
1. Tort Law	2. Good Samaritan Law	3. HIPAA and Ethics
2nd Semester		
<u>4th 6 Weeks</u>		
Unit 7: Non-Orthopedic Health Concerns		
1. Psychology of Injury	2. Skin Conditions	3. Other Medical Concerns
4. Thermal Injuries	5. Fitness	
<u>5th 6 Weeks</u>		
Unit 8: Lower Extremity Injuries		
1. Anatomy and Physiology	2. Thigh, Leg and Knee Injuries	3. Ankle and Foot Injuries
Unit 9: Injuries to the Lower Extremities		
1. Anatomy and Physiology	2. Thoracic and Abdominal Injuries	3. Hip and Pelvis Injuries
<u>6th 6 Weeks</u>		
Unit 10: Injuries to the Upper Extremities		
1. Anatomy and Physiology	2. Shoulder Injuries	3. Upper Arm and Elbow Injuries
4. Wrist and Hand Injuries		
Unit 11: Injuries to the Head, Neck and Spine		
1. Anatomy and Physiology	2. Facial Injuries	3. Cranial Injuries
4. Cervical Spine Injuries	5. Thoracic/Lumbar Injuries	

DATES TO REMEMBER

*September 7th: Labor Day/ Student /Teacher Holiday

*October 12th: Columbus Day/ Student Holiday

* November 23rd-27th: Thanksgiving Break

*December 16th & 17th: CTC Exam Days

* December 18th-January 1st: Winter Break

* January 18th: MLK Day

* February 15th: President's Day

* March 15th-19th: Spring Break

*April 12th- Good Friday

*May 25th and 26th: CTC Exam Days

* May 26th: Last Day of School
