

Sports Medicine II CC1265 Syllabus

2018-2019

Instructor Information

Instructor	Email + Phone Number	Classroom	Conference
Courtney Leppke ATC, LAT	cbeall@aisd.net (817) 841-9107	B216	A: 5 th Period 3:19- 4:50 B: 11 th Period 3:19- 4:50

Course Overview

This course is designed to continue the student's education of sports medicine over two semesters. The course includes an overview of CPR and first aid, business etiquette, rehabilitation, fitness components, and injury recognition.

Students will be asked to purchase a Sports Medicine Polo which will be worn when in the public as a group, or when guest speakers are present in class. The price will not exceed \$20.00.

Objectives

1. Students will review knowledge of cardiopulmonary resuscitation.
2. Students will have extended knowledge of first aid.
3. Students will understand what it takes to run a business/clinic/athletic training room as a professional and how to interact with clients.
4. Students will learn additional taping and bandaging techniques for various injuries.
5. Students will learn rehabilitation techniques for specific injuries and how to perform exercises using a wide variety of equipment. **Electrical Muscle Stimulation will be used when learning about therapeutic modalities. Please contact me if you would like to opt out of the use of E-Stim.**
6. Students will learn how to teach others proper technique during Olympic lifting and activities of daily living.
7. Students will be able to create customized fitness programs for healthy individuals or individuals with specific health concerns.

8. Students will have the opportunity to take the American College of Sports Medicine Certified Personal Trainer Exam at the completion of the course.

Materials needed

- Pen/Pencil and paper
- We will be working from many different sources. Access to a computer and internet at home is needed for classroom work.

Class Requirements/Expectations

1. **Attend classes. If absent, communicate with the teacher prior (If possible) to get missed work.**
2. **Join BAND and check it often for classroom announcements:**
3. 3. Review all materials before coming to class.
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 - 3x Daily Grades

Quizzes/Labs - 2x Daily Grades

Daily – 1x Daily Grades

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		
1st 6 Weeks		
Unit 1: Concepts of Sports Medicine		
1. CPR/AED	2. First Aid	3. Splinting and Crutch Fitting
Unit 2: Blood-Borne Pathogens and Wound Care		
1. Wound Identification	2. Personal Protective Equipment	3. Wound Care
Unit 3: Business Etiquette		
1. Client Consultation	2. Client Motivation	
2nd 6 Weeks		
Unit 3: Business Etiquette		
3. Professional Requirements		
Unit 4: Bandaging and Taping		
1. Directional Terms and Taping	2. Bandaging	

<u>3rd 6 Weeks</u>		
Unit 5: Injury Recognition		
1. Injury Terminology	2. Injury Identification	
Unit 6: Injury Rehabilitation		
1. Rehabilitation Terminology	2. Rehabilitation Administration	3. Rehabilitation Progression
4. Therapeutic Modalities		
2nd Semester		
<u>4th 6 Weeks</u>		
Unit 7: Physical Fitness Components		
1. Physical Fitness Components	2. Specific Exercises within Program	3. Customized Fitness Programs
<u>5th 6 Weeks</u>		
Unit 7: Physical Fitness Components		
4. Contraindications		
Unit 8: Health Concerns and Disorders		
1. Substance Abuse	2. Illness and Exercise	3. The Female Athlete
4. Nutrition	5. Certification Preparation	
<u>6th 6 Weeks</u>		
Unit 9: Appendicular Skeletal Injuries		
1. Injuries to the Thigh, Groin and Pelvis	2. Injuries to the Shoulder, Wrist, Elbow and Hand	
Unit 10: Axial Skeletal Injuries		
1. Injuries to the Spine	2. Injuries to the Thorax and Abdomen	3. Injuries to the Head and Face

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
