

Course Syllabus- Health Sciences Introduction to Sports Medicine Assignment Code 61141

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Course Description

Aim: The expanding popularity of sports and with more of the population becoming physically active; students today need a basic understanding of basic injuries associated with athletics. Students will also gain knowledge in the fields of athletic training and professions associated with the sport medicine field of studies.

Grade Level: 11th & 12th Grade

Prerequisites: None

Textbooks/Resources: Arnheim's Principles of Athletic Training: A Competency-Based Approach, 14th Edition
ISBN-13: 978-0-07-352373-6

Topic Covered:

- **Psychology and Medical Terminology Related to Sports Medicine**
- **Injury Prevention Principles**
- **Performance Enhancement Philosophies**
- **Sports Nutrition**
- **Injury and Healing Process, including Injury Management**
- **Common Sports Injuries**
- **Therapeutic Modalities and other Rehabilitation Techniques**

Instruction Philosophy and Delivery Plan

Expectations: Students will be expected to meet all course goals by their understanding of the basic concepts of each topic area. In order to pass the course students will need a minimum of 70%.

Delivery Method: Instruction will consist of individual hands on activities and projects, group discussions, lecture, reading, writing, and the use of technology.

Community Involvement: Guest speakers from the athletic training, physical therapy, & orthopedic fields will be brought in throughout the class. Learning trips will be taken to various training facilities.

Assessment: Students will be graded on the following items: notes, worksheets, discussion boards, quizzes, written reports, tests, and projects.

Course Content Standards

Indicator # 1: Identify fundamental aspects, psychology and medical terminology related to sports medicine.

SM1.1 Explore the fundamental aspects of sports medicine.

SM1.2 Describe principles of sports psychology.

SM1.3 Apply related medical terminology.

Examples:

- Finding members of sports medicine teams within students' community.
- Discussing various members of primary and secondary sports med teams.
- Examine the psychological along with the physical aspects of injuries.
- Identify anatomical locations of common athletic injuries.

Indicator # 2: Understand injury prevention principles and performance enhancement philosophies.

SM2.1 Students will apply injury prevention principles

SM2.2 Students will examine performance enhancement philosophies.

Examples:

- Describe steps how athletes can attempt to avoid injuries
- Identify the basic principle of condition

Indicator # 3: Explore sports nutrition and the injury and healing process.

SM3.1 Explore various aspects of sports nutrition.

SM3.2 Describe the injury and healing process.

Examples:

- Explore how various supplements can affect athletes
- Develop an athlete's diet plan

Indicator # 4: Explore and understand common injuries, certain sports-specific injuries, injury management and rehabilitation techniques.

SM4.1 Recognize common injuries and explain injury management.

SM4.2 Explore specific sports injuries.

SM4.3 Explain therapeutic modalities and rehabilitation techniques.

Examples:

- Identify mechanism of various athletic injuries
- Describe the difference between sprains and strains
- Explain why ice is therapeutic for athletic injuries

Major Course Projects

- Design of a Training Room Floor Plan
- Development of a Training Room Supply & Equipment Budget
- Development of Athlete Stretching/ Warm Up & Cool Down Program
- Development of Athlete weight and conditioning program
- Designing an Athletic Diet plan
- Taping of Ankles
- Presentation of Sports Medicine topic of choice

Assessment Plan & Grading Scale

1. Discussion Board Topics and Responses: 20%
2. Chapter Outlines: 20%
3. Projects: 40%
4. Tests: 20%

Grading Scale: (this will vary with participation schools)

94-100	A
87-93	B
86-76	C
75-70	D
69-0	F