

## **Sports Medicine 10**

### **Miss Frauts**

The purpose of the Sports Medicine course is to provide high school students with an opportunity to learn various facets of sports injuries, first aid care and professions related to sports medicine. This course will also include anatomy and physiology. In addition, sports medicine will help students become more familiar with the prevention, care and rehabilitation of athletic injuries.

#### **Core Activities**

- Basic anatomy and physiology
- Prevention of athletic injuries
- Injury care through basic athletic and emergency first aid
- Recognition and management of athletic first aid
- Understanding various taping techniques
- Introduction to therapeutic modalities – heat and ice
- Practical application of acquired skills through labs (e.g. taping labs and basic anatomy labs)
- Introductory practicum experience as a team athletic trainer for practices, games and tournaments for a total of 15 hours

#### **Student Assessment**

This course is a CTS based program. There are five CTS courses to fulfill the requirements of the Sports Medicine 15 program:

- (1) Injury Management 1 – REC 1020**
- (2) Technical Foundations for Injury Management – REC 1030**
- (3) Musculo-Skeletal System – HCS 1050**
- (4) Health Services Foundations – HSS 1010**
- (5) Community Volunteerism – CCS 1080 (optional)**
- (6) Caring for Body Systems - CCS 1030**

\* a minimum grade of 50% is required to pass each CTS course\*

\*\* most of these CTS will include written assignments, presentations, in-class research, home-based research, hands-on experiences, and autonomy in project selection in many cases \*\*

- (1) Injury Management 1 – students learn prevention, assessment and management techniques related to injuries that may occur during recreation and sporting events and activities

- (2) Technical Foundations for Injury Management – students explain basic taping and wrapping foundations, explore the role of the athletic therapist, identify first-aid supplies, describe common injuries, and apply basic taping and wrapping skills to various body regions. (Prerequisite – Musculoskeletal System)
- (3) Musculoskeletal System – students study the anatomy, physiology and pathology of the musculoskeletal system to gain an appreciation for practicing a healthy lifestyle, and to acquire the knowledge and skills needed to deal with musculoskeletal conditions (Prerequisite – Health Services Foundations)
- (4) Health Services Foundations – Students examine the fundamentals associated with further study in career pathways in health, recreation, and community services. Concepts related to health, wellness, basic anatomy principles, physiology and disease, and basic safety and reporting protocols for providing care to individuals in many support settings
- (5) Community Volunteerism – (OPTIONAL) students will volunteer their time to a local sports team/group for a minimum of 15 hours, they will complete a log based on their experiences with this position and fulfill the practicum requirements outlined on the sheets attached
- (6) Caring for Body Systems 1 - students will investigate the aging process of the body and come to understand the key signs and symptoms of common diseases and disorders, through this research they will learn how to treat and manage ailments over a lifespan

**In addition to the opportunity of earning these modules, students will also be expected to demonstrate “RESPONSIBILITY”, “INTEGRITY”, “STRENGTH”, and “EXCELLENCE” in their daily classroom interactions. The “RISE” credo of SCHS ensures that all students and staff put forth their best.**

#### **Attendance/Lates**

- Due to the nature of the course, students will be involved in many interactive and hands-on experiences during class time. Therefore students are expected to attend all classes. Any class work, quizzes, or assignments missed are the responsibility of the student to catch up on. It is the students’ responsibility to find out what work they have missed and proceed to catch up. Late assignments will be deducted 10% per day up to a maximum of 3 days after which they will receive a mark of zero.

**Special note on: COMMUNITY VOLUNTEERISM**

- **THIS IS AN OPTIONAL module for ONE extra CREDIT**
- Each Sports Medicine 10 student has the option to complete practicum service hours involving student training duties. SM 10 students are required to do 15 hours of training before the last week of classes of the semester if they decide to do this module
- Students are evaluated on their (a) log book and efforts to be proactive at their respective practicum locale and (b) the evaluation of the coach/community member they work with for this practicum and (c) completing 15 hours of community service

**Course Fee and Commitment**

There is a small fee for this course. The fee includes handouts, tape and medical supplies, and various modalities to aid in basic anatomical understanding.