

SPORTS MEDICINE 10

Community Volunteerism - Practicum

Each student is expected to volunteer for 15 hours with a sports team or at a rehabilitation centre. The student CANNOT play for the team they are assisting. The goal is to help prevent injuries, aid with basic first aid/icing/taping, and gain some exposure and real-life experience with injuries.

Some ideas for this placement are:

- Community team (any sport, level, age)
- SCHS school team (again just not one they participate on)
- Team that a family member plays on
- Springborough Lifemark Physiotherapy Clinic
- Advantage Health Aspen
- Winsport Physiotherapy Clinic
- Bragg Creek Physiotherapy

It is the responsibility of the student to contact a team or practitioner to job shadow for this experience.

This is due ONE week before the last day of regular classes. There are NO exceptions as the student has the entire term to complete this. They can submit this any time during the semester as well!

There may be other volunteer opportunities affiliated with school teams that arise. For example:

- Score keeping basketball games
- Pep rally help

Assessment

- 1) Completed 15 hours = 60 marks**
- 2) Please give a short log of what you did for the hours = 20 marks**

**3) Please have the coach/supervisor complete the evaluation form
= 20 marks**