

**Sports Medicine 20**  
**Course Outline**  
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The purpose of the Sports Medicine course is to provide high school students with an opportunity to learn various facets related to sports injuries, first aid care and the professions related to sports medicine. The Sports Medicine 20 course will review the basic anatomy and physiology associated with athletic injury and further their knowledge in these areas. In addition students will be exposed to more advanced methods of treating injuries and prevention. They will also aid their younger peers in taping skill acquisition and evaluate their abilities. This course will also provide many opportunities for hands-on learning through taping, scenarios, field trips and practical experiences. Furthermore, students will have autonomy in assignments and great chances for independent learning.

**CORE ACTIVITIES**

- review of anatomy and physiology
- review of skeletal and muscular systems
- prevention of athletic injuries
- basic athletic and emergency first aid
- discussion and demonstration of therapeutic modalities
- understanding and utilizing various taping techniques
- practical application of acquired skills
- practicum experience as a team athletic trainer for practices and competitions, and work experience in a rehabilitation facility

**ASSESSMENT**

This course is a CTS based program. There are seven potential CTS courses to earn as a part of the Sports Medicine 20 curriculum.

- (1) REC 2020: Injury Management 2
- (2) CCS 2040: Integrative Health
- (3) CCS 2080: Community Volunteerism 2 - Optional
- (4) REC 2010: Nutrition for Recreation Activities and Sport
- (5) HCS 1910: HCS Project A
- (6) REC 2030: Joints
- (7) HCS 2120: Pain and Pain Management

**Courses in More Detail:**

**REC 2020: Injury Management 2**

Students learn prevention, assessment, and management techniques specifically related to bone, joint and soft-tissue injuries that may occur during recreation and sporting events and activities. There will be lots of opportunities to practice taping in a variety of fashions.

#### **CCS 2040: Integrative Health**

Students examine foundations, application, costs, issues and future of integrative health. Students analyze complementary and alternative therapies and their role in healthcare, palliative care, preventative health care and personal health and wellness.

#### **CCS 2080: Community Volunteerism 2**

Students volunteer their time to a non-profit organization affiliated with sport. See attached sheet for more details.

#### **REC 2010: Nutrition for Recreation Activities & Sport**

Students explain the role of food and hydration in helping individuals achieve optimal physical performance for recreational physical activities and sport. Students acquire knowledge and skills to plan effectively for positive and successful experiences in the athletic domain. Students examine food labelling and the role of coaches and leaders to promote fuelling for performance.

#### **HCS 1910: HCS Project A**

Students develop project design and management skills to extend and enhance competencies and skills that are personally relevant and course related.

#### **REC 2030: Joints**

Students will learn about specific muscle and tendon attachments and terms related to bony landmarks. Students evaluate how anatomy affects joint function and stability and analyze mechanisms of injury to predict potential injuries. Students acquire the knowledge and skills necessary for providing recommendations for the safe and healthy function of joints.

#### **HCS 2120: Pain and Pain Management**

Students examine the physiology of pain and the effects of unrelieved pain on the body systems and health and wellness of individuals. Students gain basic knowledge and skills related to the assessment and management of pain and the role of these strategies in promoting health and wellness in personal and health care contexts. Students gain an appreciation for the complexity of pain and the effects of pain on the individual, family, peers and community.

#### **EXPECTATIONS**

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.

Each student needs to contact the teacher regarding missed work. Late assignments will be deducted 10% per day up to a maximum of 3 days after which they will receive a mark of zero.

#### Practicum Hours for Community Volunteerism - Optional

This module is recommended as a great experiential learning part of this class. To earn this module each student is expected to complete 25 hours of service. This can entail working with a school/community team (that they are not a participant on) or assisting at a clinic known for rehabilitating injuries (e.g. physiotherapy, chiropractic, massage, ART, etc.). This must be completed by the last day of classes of the term. This is a great opportunity to utilize the skills learned in class in real-life situations. Furthermore the students get a chance to give back to the community with their volunteer time. In addition, they can learn how to treat sports related injuries in a professional setting.

**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.**