

**NORTHVIEW HIGH SCHOOL  
SPORTS MEDICINE  
FALL 2016**

**Coach Sean Morgan**

**Room 404**

**Course Description:**

Sports Medicine is the third course in the Therapeutic Services/Sports Medicine Career Pathway. The course is appropriate for students who wish to pursue a career in healthcare with a focus on the musculoskeletal system, injury assessment, injury prevention, or rehabilitation including careers in Sports Medicine and Rehabilitative Services. This course will enable students to receive initial exposure to therapeutic services skills and attitudes applicable to the healthcare industry. The concepts of anatomy and physiology, assessment, preventative and rehabilitative care are introduced. Fundamental healthcare skills development is initiated, including medical terminology, kinesiology, patient assessment, record keeping, and basic life support. The prerequisites for this course are Introduction to Healthcare and Essentials of Healthcare.

Mastery of these standards through project-based learning, technical-skills practice, and leadership-development activities of the career and technical student organization, HOSA (Health Occupations Students of America), will provide students with a competitive edge for entry into either the healthcare global marketplace or a post-secondary institution to pursue further education and training.

**Course Standards:**

HS-SM-1 Employability Skills

HS-SM-2 Analyze anatomic positions, directional terms, movements, and postures as related to the appendicular skeleton.

HS-SM-3 Utilize correct terminology, abbreviations, symbols and practices to appropriately communicate oral and written information within the physical medicine setting.

HS-SM-4 Demonstrate injury classifications and evaluations.

HS-SM-5 Analyze and describe the basic principles and concepts of healing.

HS-SM-6 Demonstrate the steps of Basic Life Support (BLS) with Automated External Defibrillator (AED). Assess and manage patients with bleeding, bony injuries, soft tissue as well as musculoskeletal injuries.

HS-SM-7 Identify and describe pathogens commonly encountered in physical medicine and demonstrate appropriate infection control principles.

HS-SM-8 Analyze the anatomy, muscular structure, Range of Motion (ROM), Manual Muscle Tests (MMT) and special tests, as well as prevention and treatment, of the upper extremity.

HS-SM-9 Analyze the anatomy, muscular structure, Range of Motion (ROM), Manual Muscle Tests (MMT) and special tests, as well as prevention and treatment, of the lower extremity.

HS-SM-10 Analyze the anatomy, muscular structure, vascular structure, and describe the mechanisms signs and symptoms and potential complications associated with head and facial injuries.

HS-SM-11 Analyze the anatomy, muscular structure, vascular structure, ROM, MMT and special tests, as well as prevention and treatment, of the spine.

HS-SM-12 Analyze the anatomy, muscular structure, vascular structure, ROM, and special tests, as well as prevention and treatment, of the thoracic and abdominal regions.

HS-SM-13 Evaluate the importance of nutrition in physical medicine.

HS-SM-14 Demonstrate the process for basic assessment (i.e. vital signs, height, weight, etc.), monitoring, and reporting/recording patient/client's health status.

HS-SM-15 Analyze and describe the basic principles and concepts of rehabilitation.

HS-SM-16 Analyze and describe the principles of pharmacology.

HS-SM-17 Analyze and describe the appropriate use of therapeutic modalities.

**Methods of Instructional Learning:** The instructor will utilize the following methods for meeting learning objectives for the units of the course:

- |   |                                   |
|---|-----------------------------------|
| 1. Class lecture/discussion/demonstration | 4. Student projects/reports/tests |
| 2. Question/answer                        | 5. Group work                     |
| 3. Guest speakers                         | 6. Audio-visual aids              |

<b>Grading:</b>	Classwork/Homework	20%
	Quizzes	15%
	Projects/Lab/Skills Assessments	25%
	Tests	25%
	Final Exam	15%

**Lab/Skills Assessments-** Labs are hands-on learning experiences. Due to the hands-on nature of labs, students will have a mandatory dress code for lab days. They are required to wear a shirt that covers the same area as a t-shirt (as worn by most adults). It is preferred that the student wears long pants, but modest shorts are permissible. Skirts are not allowed on lab days. Shoes must be closed-toe and rubber soled with a non-skid surface. Students not dressed appropriately will not participate and will receive a zero for that day's lab grade.

**Final Exam-** One comprehensive final exam will be given at the end of the semester.

**Required Materials:**

1. Notebook paper
2. Pen/pencil
3. Notebook

**Textbook Materials:** The basic textbooks used in this course will be:

 DHO Healthcare Science 8<sup>th</sup> Edition

\*\*\* Note: Textbooks will not be assigned to individual students. Rather, the student will use the book assigned during class time. Any student who damages a textbook will be responsible for any and all charges associated with such damage.

**Internet Use:** Internet use is available and used in all courses.

**Make up Work/Late Work:** Make-up work should be completed before school between 7:50 a.m. – 8:20 a.m. or after school by appointment, not during class. Following an absence, it is the student's responsibility to contact his/her teachers to arrange for make-up work. The contact must be made within one school day of returning. Students are given the same number of days to complete make-up work, as the absence, not including the day of return. Students are allowed to make up work due to an unexcused absence and will receive partial credit of the actual grade. Any project that is made up or turned in late will receive a 20% reduction for each day after the assigned due date with a deadline of five days late. Long-term projects (two or more weeks from the assigned date to the due date) are due on the assigned due date. Any long term-project that is made up or turned in late will receive a 20% reduction for each day after the assigned due date with a deadline of five days late.

**Extra Help:** Extra help is available before school each day in Room 404 at 8:00 a.m. and after school by appointment. Students are welcome and encouraged to make up any computer work before school without an appointment.

**Headphones/iPods/musical or game devices cannot be used in Career Tech classes unless it is part of the course curriculum.**

**Classroom Expectations:** Students are expected to follow the classroom expectations that are stated in the Northview High School Student Handbook. Students are expected to:

- Speak/think positively
- Follow Directions
- Obey classroom rules & procedures
- Assume good will
- Be a team player
- Have tolerance, respect, and concern for others
- Be prepared for class
- Use time wisely
- Strive for success

**Parent/Teacher Communication:** Communication with parents about academic progress, behavior and/or attendance is welcomed and will be handled by phone, mail, conference, or a combination of these as the need arises. Home Access Center (HAC) is available for the use of all parents in monitoring a student's academic progress, attendance, or behavior. Please call the main office (470-254-3828) for more information. My email address is [morganc3@fultonschools.org](mailto:morganc3@fultonschools.org)