**Roughrider Area Career and Technical Center**



**Introduction to Sports Medicine**

1. **Course Number: 07034**

**Course Title:** Introduction to Sports Medicine Google Classroom code: **fbetw3f**

**Credit Hours: HS** Credit 1, eligible for 2 credits dual credit.

through DSU (HPER 207) "Prevention and Care of Athletic Injuries"

**Instructor:** Mrs. Adrien Kathrein RN-BSN, RACTC Health Science Instructor

**Office Hours:** 7:45-3:45

1. **Course Description**

Students who are interested in athletics and the medical needs of athletes will cover four distinct disciplines that will allow them to grasp the concepts of anatomy and physiology, and then apply them to sports medicine and athletic training.

If interested in dual credit, contact Mrs. Kathrein directly for registration information.

1. **Student Learning Outcomes**

1. Introduce the student to the rapidly growing fields of sports medicine and athletic training.

2. Examine the roles and responsibilites in athletic training and care.

3. Cover injury assessment and management.

4. Strong anatomy and physiology component to assist the student in understanding and identifying varoius structures and functions of the body.

1. **Course Content**

Chapter 1: Sports Medicine: The Multidisciplinary Approach to Athletic Health Care

Chapter 2: Athletic Training

Chapter 3: The Central Training Room

Chapter 4: The Athletic Training Student Aide Program

Chapter 5: Emergency Preparedness: Injury Game Plan

Chapter 6: The Pre-Participation Physical Examination

Chapter 7: Prehabilitation and Preseason Conditioning

Chapter 8: Nutrition and the Athlete

Chapter 9: Dietary Supplements and Performance Enhancers

Chapter 10: Sports Psychology

Chapter 11: Assessment and Evaluation of Sports Injuries

Chapter 12: Therapeutic Physical Modalities

Chapter 13: Taping and Wrapping

Chapter 14: Kinesiology

Chapter 15: Bleeding and Shock

Chapter 16: The Bones and Soft Tissues

Chapter 17: The Foot, Ankle, and Lower Leg

Chapter 18: The Knee

Chapter 19: The Hip and Pelvis

Chapter 20: The Elbow, Wrist, and Hand

Chapter 21: The Shoulder

Chapter 22: The Chest and Abdomen

Chapter 23: The Head and Face

Chapter 24: The Spine

Chapter 25: Special Considerations in Athletes

1. **Course Content Outline**

The course textbook is France, Robert C. (2019). *Introduction to Sports Medicine and Athletic Training* (3rd ed.). Boston, MA: Cengage*.* It is divided into four units: Introduction to Sports Medicine and Athletic Training, Roles and Responsibilities in Athletic Training, Injury Assessment and Management, and Special Considerations. We will be covering chapters from all units. After each chapter there will be a test (teacher’s choice). There will be additional anatomy and physiology as well as emergency work and testing required per instructor’s choice.

1. **Teaching Strategies**

The following teaching methods will be used in class: lecture, visual presentations, hands on activities, review, guest speakers, field trips and discussion of the end-of-chapter exercises. As many hands-on demonstrations of athletic training skills by teacher, guest speakers, and students will be incorporated. We will be using Schoology as the main learning platform as well as a few other tools for projects/competencies.

**Strategy: Job Shadowing**

Students would be required to observe a **minimum of 6 hours of sports medicine related experience** to observe the role and responsibilities of the sports medicine professional. **A minimum of 1 sporting event and/or practice observing the role of the athletic trainer and 1 hour shadowing with a trainer, sports therapist or strength trainer.** These shadowing hours will take place outside of regular class time. Specific assignments and forms will be discussed in class and posted online. Students will be compensated six (6) hours of class time IF THEY’RE ON SCHEDULE WITH THEIR CLASSWORK for their outside shadowing hours. Students are to return to school for other scheduled classes those dates.

1. **Grading Policy**

Your grade will be determined by the number of points you accumulate, expressed as a percentage of the total points available. DHS’s grading system is based on the letter grades: A, B, C, D, F, and I. Students are expected to monitor their own progress. If you are concerned about your grade, meet with the instructor early in the semester. In all written evaluations, spelling errors will result in a loss of points. Assignments, quizzes, and tests must be completed on the day scheduled, unless prior arrangements have been made with the instructor. Late assignments will receive 10% off and I will only accept it late if we are still on that unit. Assignments may also be given a 0 if late (as determined by the teacher). If make-up exams are given, they must be completed within one week of the date the exam was scheduled.

(92%-100%) A-Superior

(83%-91%) B-Good/Above Average

(74%-82%) C-Average

(65%-73%) D-Passing/Below Average

(64%& below) F

1. **Accommodation for Disability**

RACTC follows the Nondiscrimination Policy, which can be found in the *RACTC Policies and Procedures Handbook 2024-2025*.

1. **Course Communication**

Students will be able to communicate with the teacher in class or if needed via email; my email address is: akathrein@k12.nd.us.org or adrienkathrein@gmail.com

Two-way Interactive Television is a means for school districts to provide low-incidence courses that may not normally be available to students because of low enrollment or lack of qualified personnel.

Because of the uniqueness of this technology, certain standards are expected of students enrolling in these courses. This policy is intended to make both students and parents aware of the standards expected of students enrolling in such courses.

As a student taking RACTC Network Courses, I am aware that:

1) Certain standards are expected of me as a student and insubordination of any kind will not be tolerated. Insubordination has been defined as anything that interferes with teaching or learning in the classroom.

2) Inappropriate language or gestures will not be tolerated.

3) All classes are digitally recorded and made available for viewing via web streaming.

4) Classroom procedures must be followed:

A) Students must sit within camera view at all times.

B) Students must not mishandle the classroom equipment.

C) Students must follow all other rules as specified by the teacher.

D) Texting and/or use of cell phones and other mobile devices are not allowed unless approved by the teacher.

The procedure outlined below will be used when dealing with students with discipline problems.

**First Offense**: The student will be given a verbal warning, and the school administration will be notified of the infraction.

**Second Offense**: The student will be removed from the class and a telephone conference with the parents, administrator, teacher, and student will be held before the student is allowed to return to class. If the issue is not resolved after 3 days, the student will be dropped from the class roster and a failing grade for the semester will be given.

**Third Offense:** The student will be removed from the class and receive a failing grade for the semester. The student will not be eligible to re-enroll in the current or future RACTC classes.

\*A building administrator and/or the RACTC Director are also authorized to discipline students as described above.

1. **Student Conduct**

Students are expected to conduct themselves in a responsible and respectful manner. Any type of cheating will result in a zero for all involved and an office referral. Plagiarism is not tolerated and will result in a zero. At the start of the semester and throughout the class I will go over classroom procedures. These procedures will be practiced and implemented to ensure a productive classroom. Students are expected to follow these procedures in class. Best behavior is expected when a substitute is teaching; if the substitute writes your name down for misbehavior, it will result in an automatic detention.

Documentation of misbehavior will be sent to principal and vice-principal. The severity of the situation will result in the appropriate consequence. Students will not be allowed to disrupt other student’s learning. **Thank you for your cooperation!**

1. **Violence/Sexual Harassment**

The policies and guidelines for violence and sexual harassment can be found in the *RACTC Policies and Procedures Handbook 2024-2025.*

**Guidelines**

1. Walk on the right side of the halls and avoid congestion for ease of movement.

2. Keep voices appropriate for indoors.

3. Keep hands, feet, and objects to yourselves.

4. Use appropriate manners and respectful actions; i.e. excuse me, please, good morning, etc.

5. Use school appropriate language. (And appropriate topics.)

6. Use only appropriate displays of affection in accordance with the school handbook.

7. Use appropriate names when addressing adults, i.e. Mrs., Mr., and Ms.

8. Stop and talk to all staff when requested.

9. Demonstrate appropriate use of school property.

I have read and understand the Syllabus and Classroom Rules and Consequences.  I will do my best to follow the Classroom Rules and to be successful in this class.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_

Parent E-mail:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­\_