**INTRODUCTION TO SPORTS MEDICINE AND ATHLETHIC TRAINING**

**Course Number: 07034**

**INSTRUCTOR:** Bobbi Schneider BSRRT, EMT, CTE, CPR/EMS Educator

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**COURSE LOCATION*:***  Hebron High School ITV Room

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

**TEXT:** *INTRODUCTION TO SPORTS MEDICINE AND ATHLETIC TRAINING,* Delmar Cengage Learning, 2011, ROBERT C. FRANCE 3rd EDITION.

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

Please note that all students in the Health Science program are exposed to all aspects of the human body. This information may be in the form of videos, models, pictures, graphics, speakers, assignments, or field trips. **ALL** materials in the classroom are important for student learning. If you have concerns regarding learning activities, please contact me by email. **Failure to respond in writing will automatically submit your approval.**

**STUDENT LEARNING COURSE OBJECTIVES:**

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

2. Examine the roles and responsibilites in athletic training.

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.

**STUDENT OBJECTIVES:**

Upon successful completion of this course, the student should be able to:

1. Understand and discuss each of the chapter objectives.

2. Have and introduction to Sports Medicine and Athletic Training.

3. Understand the roles and responsibilites in athletic training.

4. Have the ability to injury assess and manage the athlete.

**JOB SHADOWING:**

Students would be required to observe a **minimum of 6 hours of sports medicine-related experience (each semester)** 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 or sports therapist or strength trainer (each semester).** These shadowing hours will take place outside of regular class. Specific assignments and forms will be discussed in class and posted on Google Classroom.

Course Content Outline:

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

**ACCOMMODATION FOR DISABILITY:**

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

**GRADING/ATTENDANCE:** Grading is based on a point system with daily work, class participation, quizzes, tests and projects included. **Any missing assignments will be accepted up until the day of the test. 2 points per day will be taken off until work is turned in, including weekends**. Otherwise, a zero will be placed in the grade book and the assignment will no longer be accepted. Students get an extra day per everyday sick to turn in late work without penalty.

**Tests must be proctored. Taking a test without one will result in an automatic zero**

The following grading scale will be followed:

**A 100-92**

**B 91-83**

**C 82-74**

**D 73-65**

**F 64 or below**

Students and parents will be able to access grades and review attendance using Great Western Network PowerSchool. GWN website address and log on information will be provided to all students and parents.

**Attendance** is essential for the understanding of the subject material. The information in class is presented in a variety of methods: in–class lectures, discussions, power points, demonstrations, small-group activities, guest speakers, projects, videos and tours. ITV students must watch all recordings. Missing a recording is the same as skipping class/unexcused absence.

It is your responsibility to notify the teacher prior to being absent for a planned excuse. Students are to acquire assignments and materials prior to school related absence and be ready to join the class upon return. You will have one day to make up work for each day missed upon your return for excused absences only. ITV classes will be recorded, and each student is responsible for viewing the missed sessions. **Not watching a recording is like skipping class which is an unexcused absence.**

**SUPPLIES:** Please bring to class each day: a computer, textbook, pencils/pen, notebook/paper, extra homework or a book/article to read. Additional items may be required throughout the semester. Advanced notice will be given the week prior.

**ITV CLASSROOM EXPECTATIONS:** 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 always sit within camera view.

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.

**Violence/Sexual Harassment:**

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

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:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_