

# NNHS Wellness Department

# Sports Medicine 1

# Syllabus

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## Mission

To educate students to be self-directed learners, collaborative workers, complex thinkers, quality producers, and community contributors

## Course Description

Students are given the opportunity to explore all aspects of athletic training. Experiences will include, but are not limited to, the following: Basic First Aid, Injury Prevention, Injury Rehabilitation, and Facilities/Equipment Management. Students will be expected to contribute to related athletic training opportunities outside of the classroom. This class will include weekly fitness activities. Students enrolled in this course may NOT participate in the PE waiver program

## Course Learning Standards

Reporting Standard	% of grade
<b>State Standard 19:</b> Acquire movement skills and understand concepts needed to engage in healthenhancing physical activity	15
<b>State Standard 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment	15
<b>State Standard 21:</b> Develop team-building skills by working with others through physical activity cooperatively and safely.	15
<b>Daily Engagement Standard:</b> The student on a daily basis will demonstrate the ability to be (1) Prepared for class, (2) Actively engaged in daily classroom activates, (3) Participate safely, (4) Cooperate with others in class.	55

## Grading:

### Overall Semester grade:

The final semester grade will be rounded to the nearest percentage point.

### Grading Disbursement:

A= 90-100 B= 80-89 C= 70-79 D=60-69 F= <59

## Reassessment Policy

**Summative Assignments:** These assignments must be completed before the end of the following unit.

**Formative Assignments:** All late work must be completed by the end of the current unit for a maximum grade of 80%. Anything turned in after the end of the unit will receive a maximum grade of 0%.

**Retake Policy (retakes are only on summative work, excluding final exams):**

1. Students are only allowed retakes on unit tests on which they receive a 79% or below.
2. The maximum grade the student can earn on the retake is an 80%.
3. The higher of the two scores will be entered in Infinite Campus
4. The retake times and locations are left up to the individual teacher.
5. Students are required to complete additional coursework prior to any retake.

## Communication

- Teachers make every effort to respond to emails and phone calls within 48 hours during the work week.
- The best way to communicate with teachers is through email; however, if you haven't received a response in 48 hours, please resend the email or call their voicemail. Your email may have gone into "junk" or "spam" folder.

## Help

- Make an appointment with your teacher.
- Attend S.O.S (supervised open study) in the Literacy Center M, W & Th from 3:15 to 4:15.
- Drop in for peer tutor during lunch periods or before school through the Literacy Center.

## Parents or Guardians

We need your help!

- Parents should actively check Infinite Campus for their student's grade.
  - The grades on Infinite Campus will be accurate only at Mid-Quarter and Quarter. Prior to those dates, the grade reflected is fluid.
  - Infinite Campus is a communication tool until final grade is posted.
- Please ask your student about their school work
- Check with your individual teacher for classroom procedures, schedules, and daily class news.

**Course Objectives: Students will have a fundamental understanding of the following:**

- Prevention of common athletic and sport injuries
- Recognition, evaluation and immediate care of athletic common sport injuries
- Rehabilitation and reconditioning of common athletic injuries

- Health care administration
- Professional development and responsibility

## **Tentative Course Schedule**

**Week 1 : Athletic Training as a Profession**

**Week 2-3: Head Injuries**

**Week 3-4 : Shoulder**

**Week 5-6 : Elbow, wrist hand**

**Week 7-8: Cervical, Thoracic, Lumbar spine**

**Week 8-9: Hip**

**Week 10-11: Knee**

**Week 12-13: Ankle, Foot**

**Week 14-15: Class work for group presentations**

**Week 16-17: Group presentations**

**Week 18- Final exams and presentations**