

Course Name: SPORTS MEDICINE

Duration: 1 Semester Full Year

Grade Level: 9th 10th 11th 12th (check all that apply)

Are there any prerequisites for the course?

None

WHAT this course is about:

This class focuses on a variety of Sports Medicine related concepts including anatomy and physiology of the body as well as prevention, recognition, treatment and rehabilitation of sports related injuries. This class provides skills and knowledge to help students maintain a healthy body while playing sports as well as preparing them for any field in the health care industry.

WHY take this course:

Though this class can be an elective, it will fulfill a science credit and is a graduation requirement. It will also fulfill your CTE credit, as well as one of the elective credits that you need to graduate. This class also teaches you how you to develop skills to plan for lifelong health and wellness

WHAT you'll learn:

This class will teach you anatomy and physiology of the following bony structures:

- Foot, Ankle & Lower Leg
 - The Knee, Quads & Hamstrings
 - The Hip & Pelvis
 - The Ab & Thorax
 - The Shoulder and upper arm complex
 - The Elbow, Forearm, Wrist & Hand
 - The Head, Neck & Spine
- Additionally, this class will cover the following:
- CPR/First Aid & AED use
 - Performance Enhancing Use & Abuse
 - Illness, Disease & Cancer
 - Career Exploration

WHAT you'll do:

You will apply skills into core ideas such as injury prevention & recovery, wellness, diseases, nutrition, safety, mental/emotional health, first aid, CPR, sports performance enhancers and much more. Students will have 'hands on' lab sessions 2-3 days a week and learn & practice a variety of athletic injury tape jobs, ace wraps, crutch fitting, safety lifts, moves and carries, as well as the practical portion of CPR, AED & First Aid. Students will leave this class with the opportunity to gain a

2 year, national certification through the Health & Safety Institute and Medic First Aid. Once equipped with the knowledge students can choose to shadow our Certified Athletic Trainer gaining real life, hands on experience with evaluating and treating injured athletes.

WHERE this could take you:

This class will give you skills and guidance to prevent, treat & rehabilitate basic sports related injuries. Students here can also plan for lifelong health and wellness as they will better understand their body and how to take care of it. This class could spark an interest in the health care industry, which has many career opportunities, which we will carefully evaluate throughout the semester.

OPTIONAL Course Outline (“scope and sequence”, sequence chart, etc.)

Click or tap here to enter text.