

Sports Medicine
Syllabus

Valencia High School - Room 707
Mr. Monteleone
661-294-1188 x707
Jmonteleone@hartdistrict.org
Period 5

Course overview:

This course is for students who are interested in the field of sports medicine. The course is intended to build upon the anatomy and physiology learned in the Body Systems and Disorder Pre-requisite class. Anatomy and physiology will be learned as it applies to sports medicine and rehabilitation. Body Systems and how they relate to sports medicine evaluations and procedures are covered in depth. A key component to this class are the laboratory sections which reinforce the knowledge of the anatomy and physiology learned. Common sports related injuries, stretching, taping and rehabilitative concepts will be viewed and applied to student athletes.

This course also focuses on lab methods, critical thinking, problem solving with both an individual and team approach, evaluation of data, presentation skills, and language skills commensurate with and expected from college prep students pursuing a post-secondary education.

- Grade: 11
- Course credit: 10 Practical Arts for the whole year
- Prerequisite: Must be enrolled in Honors Anatomy & Physiology

College of the Canyons Articulations Agreement:

Any student completing (and graduating from VHS Medical Science Academy with approval from the director) the **Sports Medicine and Honors Athletic Training** courses (with a grade of an "A") can receive college credits for courses: KPET 210 and KPET 210L in the C.O.C. Sports Medicine Program, **4 college credits**.

GOALS

After successfully completing this program the student will be able to:

1. Identify and describe the role and responsibilities of the Sports Medicine team.
2. Demonstrate appropriate emergency and non-emergency procedures.
3. Explain and demonstrate knowledge of anatomy and physiology as it relates to athletic injuries.
4. Explain and describe the steps of an injury evaluation.
5. Demonstrate the use of equipment and modalities according to the principles of rehabilitation.
6. Identify and demonstrate injury and disease prevention.
7. Explain and demonstrate the use of protective equipment.
8. Identify and describe the principles of conditioning and fitness.
9. Identify and describe specific injury management.
10. Explain and demonstrate administrative skills as it relates to athletic health care.

Sports Medicine
Syllabus

Textbook -

1. Foundations of Athletic Training - 5th ed. Anderson, Parr
2. Concepts of ATHletic Training - 13th ed.
3. Miscellaneous handouts from instructor

Course content:

SECTION A: Introduction to Sports Medicine
SECTION B: Ethical and Legal issues in Sports Medicine
SECTION C: Communication and Interpersonal Skills
SECTION D: Pharmacology
SECTION E: Nutrition and Weight
SECTION F: Physical Fitness Assessment
SECTION G: Physical Conditioning
SECTION H: Emergency Preparedness and Assessment
SECTION I: Infection Control
SECTION J: Vital Signs Assessment
SECTION K: Basic Life Support
SECTION L: Injuries to Tissues
SECTION N: Injuries to the Head and Spine
SECTION O: Injuries to the Chest and Abdomen
SECTION P: Environmental Conditions
SECTION Q: Medical Conditions
SECTION R: Taping and Wrapping
SECTION S: Therapeutic Modalities and Physical Rehabilitation

COURSE REQUIREMENTS:

Materials Needed for Class Daily:

Pen/Pencil, Notebook Paper (no spiral notebook paper), and 3 ring binder.

All exams will be multiple choice, true/false, fill in the blank and short answer.

-Weekly quizzes

-An in-depth writing assignment per system

-Written portfolio of each body system

-Project on two disorders

-Weekly writing assignments focused on evaluating a system and integrating current topics

-Final portfolio project

-Teacher will use project-based instruction, classroom discussion, lecture, and group work

Sports Medicine
Syllabus

Grading:

30% Formative “minor” grades (homework, readings, quizzes, in-class assignments, group work, folder check, etc.)

70% Summative “major” grades (chapter tests, abstract project, notebook grades, etc.)

Final Examination: The final exam will be comprehensive and is calculated as 1/7 of the final grade for the semester.

Academic Integrity:

-The MSA code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, constitutes academic dishonesty:

-CHEATING: intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.

-FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.

-FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision of this code.

-PLAGIARISM: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

The Honor Pledge is a statement Medical Science Academy students should be asked to write by hand and sign on examinations, papers, or other academic assignments. The Pledge reads: I pledge on my honor that I have not given or received any unauthorized assistance on this assignment/examination.

Distance Learning Etiquette

- ***Google Classroom and the JBL Navigate platform will be used as our online classroom. You are expected to check both at least once each school day for newly posted information/assignments.***
- ***Zoom will be the primary method of delivery for online instruction.***
- ***Show up to class on time.***
- ***Make sure you sign into Zoom with your VHS school email address, so we can see your first and last name on your screen.***
- ***Be dressed appropriately according to school dress code policy.***
- ***Your webcam should remain on with your face visible during the entirety of the class period unless otherwise stated by the instructor.***
- ***Remain muted unless called upon to speak.***
- ***Please have paper and pen/pencil available during class.***
- ***Do not be working on other things while in class.***

Sports Medicine
Syllabus

- ***The use of Reactions and Responses should only be used when requested to do so.***
- ***The chat room should only be used for topics related to the class.***
- ***Be aware of your surroundings. Remember everyone can see what is behind you.***
- ***If you choose to use a virtual background, it must be appropriate and not distracting to others.***
- ***Please stay in one spot during class, moving around can be distracting to others.***
- ***To the best of your ability, please be in an environment that is free from distractions.***
- ***Do not be laying down during class.***
- ***Do not record any video instruction without teacher permission. (Education Code 51512)***

Failure to follow the above guidelines can result in disciplinary action. Including the removal from the Zoom session and being marked absent for class.

Description of Assignment, Exams, and Grading Policy: The final grade will be based upon completion of chapters, chapter tests, and final exam. Letter grades will be assigned on the following scale: A =90-100%, B =80-89%, C =70-79%, D =60-69%, F =59% or lower.

Any grade below 60% will receive a failing grade.

The grade will be based on the total points of all assignments, papers, employability/leadership skills quizzes, and tests.

Late work/Make up Work: students are allowed to turn in late assignments for half credit. It is your responsibility to get your makeup work from the teacher. The teacher should be notified IN ADVANCE of any school activity absence.

Discipline plan and class rules

- .. Be in your seat and ready to work when the bell rings.
- .. Bring needed materials.
- .. Respect and be polite to all people.
- .. Respect all property.
- .. No eating or drinking in class. **(NO GUM CHEWING)**
- .. All school rules and policies are enforced.
- .. No cell phones
- .. No musical devices

Consequences – If the rules are broken, the following steps will be taken.

1st offense – verbal warning

2nd offense – detention

Sports Medicine
Syllabus

3rd offense – detention and call to parent

4th offense – parent and assistant principal

5th offense – referral to the Opportunity Room

Attendance

Your attendance is important and is directly related to your success in this class. You need to be in class every day unless you have an excused absence.

Feel free to call me at any time if you have any questions or concerns. I can be reached at 294-1188 ext. 707 and E-Mail: **Jmonteleone@hartdistrict.org**

I am looking forward to an exciting and successful year!

Monte,

Valencia High School
Director of Sports Medicine
Valencia High School
Room 707

Sports Medicine
Syllabus

Student Contract

Sports Medicine
Mr. Monteleone
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Hours required for this class
Work Based Learning = 30
Community Service = 10

Honors Hours - 60

Student:

I have received a copy of the course syllabus. I agree to abide by all of the standards, requirements and classroom rules. I promise to complete my assignments on time.

Student: Print Name

Student: Signature

Date

Parent:

I have read and discussed this syllabus with my student. My student and I are aware of the expectations of this course. I give my student permission to participate in all activities and discussion related to this course.

Parent: Print Name

Parent: Signature

Date