

**Introduction Sports Medicine Syllabus
2018-2019
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Course Objective: The student will be introduced to concepts in sports medicine, exercise science, health & wellness, nutrition, disease prevention, and injury prevention & rehabilitation. The course will focus on the foundations of the above concepts with the application of critical thinking skills in a spiral format. Once the student has learned the basic concepts they are reintroduced in a more critical aspect where the student can access prior knowledge and make more decisive assessments.

Academic Expectations:

Daily Participation with Positive Attitude:

The student is expected to come to class and to participate on a daily basis. Participation starts with having the right *attitude*. Having a positive attitude will influence your grade in the course and allow you greater leverage for future perspectives. (i.e. employment opportunities, recommendations for college, etc..). The attitude of a prospective employee is the single most important criteria used when evaluating job candidates. It will be a major part of your grade in this program.

Reviewing notes

Each day I will be lecturing for approximately 30-40 minutes: The basis of the material will be heavy sciences in Anatomy, Physiology, and Sports Medicine concepts. It is my experience that one can not cram these concepts into their head prior to an exam; the results will be poor. So taking 15-30 minutes a day to review and/or rewrite the notes so that they are in your head will be necessary.

Homework

The thrust of this course is content based. In other words, it is most critical that you understand the concepts thoroughly and are able to reproduce them on an exam or practical. Therefore, in addition to looking over the notes on a daily process, the student will be expected to complete homework each week. Homework usually consists of reading a contemporary article and addressing questions associated with the homework. The homework assignments will be checked off for completion. It is of utmost importance that homework is done individually. Consequences will result if this is not adhered to.

****keep your binders organized throughout the year. They will be checked periodically.***

Rules:

- Stay engaged with the work, your peers, and your teacher(s)

- Be aware and respectful of your environment at all times!
- “Don’t talk when others are talking”
- Cell phones are highly discouraged in class and will be dealt with if noted. Please get in habit of putting phone away off of desk before class starts.
- If given the chance to start HW in class- do it!

Units to be covered in Sports Medicine

1. Introduction to Sports Medicine
 - a. History of Sports Medicine
 - b. Essential components of an effective sports medicine program
 - c. Define medical terminology and abbreviations (throughout year)
 - d. Basic injury and taping procedures
 - e. Record keeping; soap notes; budgeting
2. Introduction to Body Systems
3. Skeletal Anatomy and Introduction to palpation
 - a. Learn anatomical landmarks and how to identify where they are
 - i. Shoulder complex; upper & lower extremity; spine
4. Introduction to muscular system
 - a. Identify major muscle groups; actions, and muscle testing
 - b. Identify types of joints in body
 - i. Perform ROM
 - c. Palpate, tape, and wrap various muscles in upper and lower extremity
5. Introduction to Nervous system
 - a. Identify motor, sensory, and cranial nerves
 - b. Overview of concussion protocols in sports medicine
6. Describe and demonstrate the anatomical basis, specific evaluative procedures, preventative exercise techniques, and treatment techniques for head and cervical injuries.
7. Identify and describe how blood borne pathogens are transmitted, universal precautions, and disposal of hazardous wastes and sanitations.
8. Review Emergency Procedures related to Sports Medicine including supplies & equipment used. (splinting, bleeding control; vital signs)
 - a. Demonstrated proper procedures in providing cardiopulmonary resuscitation (American Red Cross certification in both CPR and First Aid.
 - b. How to recognize and treat environmental illness (heat stroke, heat exhaustion, hypothermia)
9. Identify acute and chronic injuries
 - a. Perform mock treatments of different types
 - b. Foot ankle; knee/thigh; trunk; internal injuries; shoulder, elbow, wrist/hand injuries; hip/spine
 - c. Identify key illnesses and disease related to sports medicine
10. Introduce the components of exercise fitness
 - a. Agility, power, speed, strength, flexibility, and balance

Grading Policy:

The grading policy will be a 10 point rubric each day based upon the above criteria. This will occur Monday - Wednesday each week. Thursday's will be separate course with English and you will be receiving a separate grade and credit. Friday's we will generally have a brief formal assessment from the material learned during the week. The points earned will vary. While every day is mandated for attendance, Friday's are particularly important to be present. If you are truly sick, then you can take make up first thing Monday morning at noon. . You will be allowed one make up for the year.

Points will be totalled at end of each quarter and percentages will be calculated. Keep in mind that this is a College course next year and I will also communicate to you in letter grades as seen in college coursework.

I.e. 500 total points for 1st quarter: Your point value was 400 points: Your numerical grade would be 80% and letter grade would be a "B-"

The formal assessments will also include larger unit exams throughout.

The following is an estimate of approximate % based on course

Formal assessments 40%: This will occur weekly and at end of unit.. Formal assessments may include multiple choice, short answer, fill ins, and practical knowledge.

Informal assessments: 30%: This is done on a day to day basis. Your ability to participate in whole class, small groups, and how well you work independently, and completion of homework assignments. I constantly assess you throughout the class. This is the 10 point rubric.

Attitude 20%: This is a subjective part of the overall grade based upon informal observation of the student. As previously mentioned, a positive student who shows respect to the environment, the workload, their peers, is enthusiastic, ambitious, humble, and focused, will earn full credit. Attitude goes hand in hand with appreciation. The student who lacks those qualities will impact not only their grade but also future references.

Attendance 10%: If you are not present then your assessments, assignments, and attitude are all impacted. 2 absences a quarter will have no impact on your grade. Above that there will be a 10% impact on attendance grade. (10 absences will result in 10 points lost at end of quarter and information that can not be made up.) If it is sickness, you will be required to make up missed work.