

ies:

Academic Integrity:

Academic integrity is essential to the success of an educational community. Students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism, multiple submissions and other forms of dishonest or unethical behavior, is prohibited.

Assessment:

The goal of grading is to report student progress and achievement to the parents to strengthen the home-school connection. The grade should accurately reflect the student's performance in mastering the PA Standards and the WASD curriculum.

Attendance:

Regular school attendance is vitally important to academic success. Not only does attendance reinforce and enrich the learning process; it also establishes patterns and attitudes that will carry forward into adult work habits. Regular, consistent attendance is a prerequisite to successful school life. Children should be absent only in cases of illness or emergency.

Special Education:

Our commitment to each student is to ensure a free appropriate public education which begins with the general education setting, with the use of Supplementary Aids and Services. Inclusive education describes the successful education of all students with the appropriate supports and services to participate in and benefit from the general classroom settings and other educational environments.

Course Description:

This elective course is designed for students interested in fields such as athletic training, physical therapy, coaching, and other sports medicine related fields. This course is a follow-up to Athletic Training/Sports Medicine I and will look more in depth at injury prevention. Included in this course will be practical hands-on application of injury evaluation, and taping techniques, along with budgeting, strength and conditioning principles, and modalities.

Pennsylvania State Standards:

- 10.1.12.A:** Evaluate factors that impact the body systems and apply protective/preventative strategies.
- 10.1.12.B:** Analyze factors that impact nutritional choices for adults.
- 10.3.12.A:** Assess the personal and legal consequences of unsafe practices in the home, school, and community.
- 10.3.12.B:** Analyze and apply strategies for the management of injuries.
- 10.3.12.D:** Evaluate the benefits, risks, and safety factors associated with self-selected lifelong physical activity.
- 10.4.12.A:** Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes lifelong participation.
- 10.4.12.B:** analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activity.
- 10.4.12.D:** Evaluate factors that affect physical activity and exercise preferences of adults.
- 10.5.12.A:** Apply knowledge of movement skills, skill related fitness and movement concepts to identify and evaluate physical activity that promote personal lifelong participation.
- 10.5.12.D:** Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.
- 10.5.12.E:** Evaluate movement forms for appropriate application of scientific and biomechanical principles.

Core Curriculum:

Course Objectives:

Students will demonstrate the ability to:

- Research medical injuries
- To recall legal and administrative issues within Athletic training
- Memorize common medical terminology
- Predict what type of injuries would be common in specific sports
- Determine the type of first aid necessary for a particular injury or medical emergency
- Develop a preseason conditioning plan for a specific sport
- Describe the differences between isometric, dynamic, and isokinetic exercises and when it is appropriate to use them in a conditioning program.
- Analyze an athlete's diet for balance of food groups.
- Recognize nutritional quackery and why it works.
- Explain what performance enhancers do and why many athletes take them.
- Discuss how education is important to the understanding of supplements and performance enhancers.
- Explain the anatomy of the shoulder complex
- Identify major injuries and conditions of the shoulder

Students will master the skills of:

- Describing anatomical parts using medical terminology
- Evaluating an athletic injury using a systematic approach
- Performing the basic taping and wrapping techniques of the lower extremity.
- Analyzing the mechanism of injury in relation to a shoulder injury.

Major Activities to Support Course Objectives:

Student Responsibilities:

Attendance expectations:

Attendance is central to your success in this class. Due to the nature of this class, the coursework is completed during the class period; therefore, any absence will result in the student missing work which must be completed.

Homework expectations:

Homework will count as 10% of their semester grade and is expected to be done by the next classes, unless instructed otherwise.

Make-Up Work: Students will be given one day for each day you are excused from class to turn in make-up work. The students must ask the instructor about any work they might have missed during their excused absence.

Late Work: Any work that is turned in late will lose 5 points for each day it is late, up to a total of 50% of the points eligible for that assignment.

Assessment:

Grading Components:

- Exams: Students should expect an exam at the end of each unit of instruction, approximately 3-4 exams per marking period. (50% of grade)
- Quizzes: Students should expect at least one quiz per unit of instruction. (15% of grade)
- Homework: Current event articles: Students will be expected to have a current event article each week. Review questions at the end of the chapter. (10% of grade)
- Class work: Students should expect to have class work in the form of worksheets, review questions, and or projects (25% of grade)

Content Pacing Guide:

Topic	Major Assignments	Estimated Time
Preseason conditioning	Conditioning program	3 blocks
Sports nutrition	Nutrition analysis	3 blocks
Assessment and Evaluation of sports injuries	Evaluation scenarios	3 blocks
The injury process	Exam	3 blocks
Modalities	Lab	2 blocks
Ankle Injuries	Exam/lab	3 blocks
Knee injuries	Exam/lab	4 blocks
Shoulder injuries	Exam	4 blocks