Sports Medicine Care Capstone

Contact Information
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Please feel free to contact me if you get confused or have any other issues. I will reply within 24 hours on weekdays. I facilitate multiple courses so please include your name and the class name when you contact me.

Course Requirements
- Be proficient with the basic functions of word-processing software.
- Have access to a computer with internet that has virus-protection software.
- Use an acceptable web browser to access the course: Chrome, Safari or Firefox.
- Have access to your own digital camera or cell phone camera.

- Be able to transfer your images from your camera to your computer.

Course Description
The Sports Medicine Capstone is a culminating experience designed to integrate your knowledge and skills gained throughout your healthcare training program. You will have the opportunity to apply this knowledge to real-world patient care scenarios, while developing professional skills essential for success in the healthcare field.

Course Structure:

This course offers two pathways to explore:

1. Research Path:

- Conduct in-depth research on a specific topic related to patient care.
- Develop a research question, analyze relevant literature, and formulate a well-supported conclusion.
- Present your research findings through a written report and a formal presentation.

2. Internship Path:

- Participate in a supervised internship at a healthcare facility.
- Gain hands-on experience working with patients and healthcare professionals in a real-world setting.
- Apply your knowledge and skills to perform basic patient assessments, assist with care activities, and interact with patients in a compassionate and professional manner.
- Reflect on your internship experiences and document your learning journey through journaling and presentations.
- Regardless of the chosen path, the course will cover the following key areas:
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- Integration of Knowledge: Apply knowledge from anatomy, physiology, pharmacology, and other core courses to real-world patient care.
- Advanced Clinical Skills: Develop proficiency in performing basic patient assessments, communication techniques, and cultural competency in patient care.
- Professional Development: Enhance your professional communication skills, resume writing, and interview skills for a smooth transition to the workforce.
- Ethical Considerations: Explore ethical principles and decision-making in patient care.

- Lifelong Learning: Develop self-assessment skills and strategies for continuous learning and professional growth.

Course Culmination:

At the end of the course, all students will present their research findings (Research Path) or a comprehensive reflection on their internship experience (Internship Path). This presentation will showcase your acquired knowledge, critical thinking skills, and professional growth throughout the capstone experience.

Course Goals
1. Apply Sports Medicine Knowledge:

- Demonstrate a comprehensive understanding of human anatomy, physiology, and kinesiology relevant to sports injuries.
- Analyze and diagnose common sports injuries using appropriate assessment techniques.
- Develop and implement safe and effective rehabilitation plans for various injuries.
- Apply sports medicine principles to injury prevention strategies for athletes.

2. Refine Professional Skills:

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- Perform advanced first aid, CPR, and AED procedures with confidence.
- Effectively communicate with athletes, coaches, and medical professionals.
- Maintain accurate and detailed documentation of patient care.
- Demonstrate professionalism, ethical conduct, and respect for patient privacy.

3. Explore Career Options:

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- Research and analyze various career paths within sports medicine.
- Develop a personalized career plan with specific goals and strategies.
- Refine your resume and cover letter writing skills for targeted job applications.
- Practice effective interview techniques for sports medicine positions.

4. Gain Practical Experience:

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- Apply classroom knowledge through real-world simulations and scenarios.
- Participate in job shadowing or internship opportunities (if available).
- Analyze case studies to develop critical thinking and problem-solving skills.
- Build a strong portfolio showcasing your competencies and experiences.

5. Foster Collaboration and Leadership:

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- Work effectively with peers in a team environment.
- Develop leadership skills for potential supervisory roles in sports medicine.
- Collaborate with coaches and athletic trainers to optimize athlete care.

- Contribute positively to the overall sports medicine team.

6. Capstone Project:

- Develop and present a comprehensive sports medicine project that showcases clinical knowledge, critical thinking, and research skills.
- This project could involve a case study, developing a patient education plan, or researching a specific patient care topic.

Course Outline

Semester A and B

Intern
- Block 1: Find your Direction
  - DISCUSS: Introduce yourself
  - SUBMIT: General Internship Letter
  - SUBMIT: Internship Form

Research
- Block 1: Letter of Intent
  - DISCUSS: Building medical terms from word parts
  - SUBMIT: Letter of intent draft

Intern
- Block 2. Body Structure
  - DISCUSS: Your Chosen Opportunity
  - SUBMIT: Log your Time

Research
- Block 2. Letter of Intent
  - DISCUSS: Your Chosen Opportunity
  - SUBMIT: Letter of intent

Intern
- Block 3. Logging Your Hours, Reflection and Goal-Setting
  - DISCUSS: Celebrations and Areas of Growth
  - SUBMIT: Log your Time

Research
- Block 3. Research/Project Proposal Draft
  - DISCUSS: Celebrations and Areas of Growth
  - SUBMIT: Capstone research proposal Draft

Intern
- Block 4. Logging Your Hours, Reflection and Goal-Setting
  - DISCUSS: Celebrations and Areas of Growth

- ○ SUBMIT: Log your Time
- ○ SUBMIT: Explore Virtual Events in Nepris

Research

- ● Block 4. Research Proposal Final Draft
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Capstone Research Proposal Fina

Intern

- ● Block 5. Logging Your Hours, Reflection and Goal-Setting
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Log your Time

Research

- ● Block 5. Project Log
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Project Log
  - ○ SUBMIT: Portfolio Draft

Intern

- ● Block 6. Logging Your Hours, Reflection and Goal-Setting
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Log your Time

Research

- ● Block 6. Project Log
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Project Log

Intern

- ● Block 7. Logging Your Hours, Reflection and Goal-Setting
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Log your Time
  - ○ SUBMIT: Exploring Industry Chats in Nepris

Research

- ● Block 7. Project Log
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Project Log

Intern

- ● Block 8. Logging Your Hours, Reflection and Goal-Setting
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Log your Time

Research

- ● Block 8. Project Log
  - ○ DISCUSS: Celebrations and Areas of Growth

- ○ SUBMIT: Project Log

Intern
- ● Block 9. Logging Your Hours, Reflection and Goal-Setting
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Log your Time

Research
- ● Block 9. Project Log
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Project Log

Intern
- ● Block 10. Logging Your Hours, Reflection and Goal-Setting
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Log your Time
  - ○ SUBMIT: Exploring Videos on Nepris

Research
- ● Block 10. Project Log
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Project Log

Intern
- ● Block 11. Logging Your Hours, Reflection and Goal-Setting
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Log your Time

Research
- ● Block11. Project Log
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Project Log

Intern
- ● Block 12. Logging Your Hours, Reflection and Goal-Setting
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Log your Time

Research
- ● Block 12. Research Project Draft
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Research paper Draft

Intern
- ● Block 13. Logging Your Hours, Reflection and Goal-Setting
  - ○ DISCUSS: Celebrations and Areas of Growth
  - ○ SUBMIT: Log your Time
  - ○ SUBMIT: Using the Career Explorer in Nepris

Research

- Block 13. Project Completion
  - DISCUSS: Celebrations and Areas of Growth
  - SUBMIT: Final paper

Intern

- Block 14. Logging Your Hours, Reflection and Goal-Setting
  - DISCUSS: Celebrations and Areas of Growth
  - SUBMIT: Log your Time

Research

- Block 14. Project Presentation Draft
  - DISCUSS: Celebrations and Areas of Growth
  - SUBMIT: Presentation Draft

Intern

- Block 15-16. Wrapping Things Up
  - SUBMIT: Wrap Up Your Logs
  - SUBMIT: Final Evaluation Form
  - SUBMIT: Final reflection
  - SUBMIT: Portfolio Assignment

Research

- Block 15. Presentation Final
  - SUBMIT: Project Presentation Final

Research

- Block 16. Portfolio and Project Reflection
  - SUBMIT: Portfolio Final
  - SUBMIT: Project Reflection

Standards:

1.0 Academics

Analyze and apply appropriate academic standards required for successful industry sector pathway
completion leading to postsecondary education and employment. Refer to the Health Science and
Medical Technology academic alignment matrix for identification of standards.

2.0 Communications

Acquire and accurately use Health Science and Medical Technology sector terminology and protocols
at the career and college readiness level for communicating effectively in oral, written, and multimedia formats. (Direct alignment with LS 9-10, 11-12.6)

2.1 Recognize the elements of communication using a sender–receiver model.

2.2 Identify barriers to accurate and appropriate communication.

2.3 Interpret verbal and nonverbal communications and respond appropriately.

2.4 Demonstrate elements of written and electronic communication such as accurate spelling,
grammar, and format.

2.5 Communicate information and ideas effectively to multiple audiences using a variety of media
and formats.

2.6 Advocate and practice safe, legal, and responsible use of digital media information and
communications technologies.

2.7 Recognize major word parts of medical terminology including roots, prefixes and suffixes.

2.8 Understand and use correct medical terminology for common pathologies.

3.0 Career Planning and Management

Integrate multiple sources of career information from diverse formats to make informed career
decisions, solve problems, and manage personal career plans. (Direct alignment with SLS 11-12.2)

3.1 Identify personal interests, aptitudes, information, and skills necessary for informed career
decision making.

3.2 Evaluate personal character traits such as trust, respect, and responsibility and understand
the impact they can have on career success.

3.3 Explore how information and communication technologies are used in career planning and
decision making.

3.4 Research the scope of career opportunities available and the requirements for education,
training, certification, and licensure.

3.5 Integrate changing employment trends, societal needs, and economic conditions into career
planning.

3.6 Recognize the role and function of professional organizations, industry associations, and
organized labor in a productive society.

3.7 Recognize the importance of small business in the California and global economies.

3.8 Understand how digital media are used by potential employers and postsecondary agencies to
evaluate candidates.

3.9 Develop a career plan that reflects career interests, pathways, and postsecondary options.

4.0 Technology

Use existing and emerging technology to investigate, research, and produce products and services,
including new information, as required in the Health Science and Medical Technology sector

workplace environment. (Direct alignment with WS 11-12.6)

4.1 Use electronic reference materials to gather information and produce products and services.

4.2 Employ Web-based communications responsibly and effectively to explore complex systems
and issues.

4.3 Use information and communication technologies to synthesize, summarize, compare, and
contrast information from multiple sources.

4.4 Discern the quality and value of information collected using digital technologies, and recognize bias and intent of the associated sources.

4.5 Research past, present, and projected technological advances as they impact a particular
pathway.

4.6 Assess the value of various information and communication technologies to interact with
constituent populations as part of a search of the current literature or in relation to the information task.

5.0 Problem Solving and Critical Thinking

Conduct short, as well as more sustained, research to create alternative solutions to answer a
question or solve a problem unique to the Health Science and Medical Technology sector using
critical and creative thinking, logical reasoning, analysis, inquiry, and problem-solving techniques.
(Direct alignment with WS 11-12.7)

5.1 Identify and ask significant questions that clarify various points of view to solve problems.

5.2 Solve predictable and unpredictable work-related problems using various types of reasoning
(inductive, deductive) as appropriate.

5.3 Use systems thinking to analyze how various components interact with each other to produce
outcomes in a complex work environment.

5.4 Interpret information and draw conclusions, based on the best analysis, to make informed
decisions.

5.5 Know how to apply mathematical computations related to health care procedures (metric and
household, conversions and measurements).

5.6 Read, interpret, and extract information from documents

6.0 Health and Safety

Demonstrate health and safety procedures, regulations, and personal health practices and determine
the meaning of symbols, key terms, and domain-specific words and phrases as related to the Health

Science and Medical Technology sector workplace environment. (Direct alignment with RSTS 9-10,
11-12.4)

6.1 Locate, and adhere to, Material Safety Data Sheet (MSDS) instructions.

6.2 Interpret policies, procedures, and regulations for the workplace environment, including
employer and employee responsibilities.

6.3 Use health and safety practices for storing, cleaning, and maintaining tools, equipment, and
supplies.

6.4 Practice personal safety when lifting, bending, or moving equipment and supplies.

6.5 Demonstrate how to prevent and respond to work-related accidents or injuries; this includes
demonstrating an understanding of ergonomics.

6.6 Maintain a safe and healthful working environment.

6.7 Identify and follow ecological practices applicable to the health care setting (i.e., recycling,
energy efficiency, environmentally preferable chemical use, waste disposal, and water conservation).

6.8 Be informed of laws/acts pertaining to the Occupational Safety and Health Administration
(OSHA).

7.0 Responsibility and Flexibility

Initiate, and participate in, a range of collaborations demonstrating behaviors that reflect personal
and professional responsibility, flexibility, and respect in the Health Science and Medical Technology
sector workplace environment and community settings. (Direct alignment with SLS 9-10, 11-12.1)

7.1 Recognize how financial management impacts the economy, workforce, and community.

7.2 Explain the importance of accountability and responsibility in fulfilling personal, community,
and workplace roles.

7.3 Understand the need to adapt to changing and varied roles and responsibilities.

7.4 Practice time management and efficiency to fulfill responsibilities.

7.5 Apply high-quality techniques to product or presentation design and development.

7.6 Demonstrate knowledge and practice of responsible financial management.

7.7 Demonstrate the qualities and behaviors that constitute a positive and professional work
demeanor, including appropriate attire for the profession.

7.8 Explore issues of global significance and document the impact on the Health Science and
Medical Technology sector.

8.0 Ethics and Legal Responsibilities

Practice professional, ethical, and legal behavior, responding thoughtfully to diverse perspectives
and resolving contradictions when possible, consistent with applicable laws, regulations, and
organizational norms. (Direct alignment with SLS 11-12.1d)

8.1 Access, analyze, and implement quality assurance standards of practice.

8.2 Identify local, district, state, and federal regulatory agencies, entities, laws, and regulations
related to the Health Science and Medical Technology industry sector.

8.3 Demonstrate ethical and legal practices consistent with Health Science and Medical
Technology sector workplace standards.

8.4 Explain the importance of personal integrity, confidentiality, and ethical behavior in the
workplace.

8.5 Analyze organizational culture and practices within the workplace environment.

8.6 Adhere to copyright and intellectual property laws and regulations, and use and appropriately
cite proprietary information.

8.7 Conform to rules and regulations regarding sharing of confidential information, as determined
by Health Science and Medical Technology sector laws and practices.

9.0 Leadership and Teamwork

Work with peers to promote divergent and creative perspectives, effective leadership, group
dynamics, team and individual decision making, benefits of workforce diversity, and conflict
resolution as practiced in the Cal-HOSA career technical student organization. (Direct alignment
with SLS 11-12.1b)

9.1 Define leadership and identify the responsibilities, competencies, and behaviors of successful
leaders.

9.2 Identify the characteristics of successful teams, including leadership, cooperation,
collaboration, and effective decision-making skills as applied in groups, teams, and career technical
student organization activities.

9.3 Understand the characteristics and benefits of teamwork, leadership, and citizenship in the
school, community, and workplace setting.

9.4 Explain how professional associations and organizations and associated leadership
development and competitive career development activities enhance academic preparation, promote
career choices, and contribute to employment opportunities.

9.5 Understand that the modern world is an international community and requires an expanded
global view.

9.6 Respect individual and cultural differences and recognize the importance of diversity in the
workplace.
9.7 Participate in interactive teamwork to solve real Health Science and Medical Technology
sector issues and problems.

Method of Instruction
This is an online course, and while there is flexibility in how and when you do assignments, it is best to log in and complete work each day according to the posted pacing schedule. Due dates will be clearly stated for each assignment in the course calendar and the weekly schedule. It is highly recommended that learners follow the pacing schedule posted, but work may be submitted late.

This course uses project based learning to encourage an authentic, developed appreciation of the topics covered. That means that while it may include some traditional assessments, the bulk of the coursework focuses on projects that require learners to display their learning in a thorough and creative manner.

If you are struggling to complete your work or you need some assistance with an alternate schedule or workload, please contact me as soon as possible. I am more than happy to help support your success in the class!

Learner Expectations
- Check the course pages for directions and announcements every weekday.
- Check your email every weekday to see if your instructor has emailed you.
- Read the assigned readings on the weekdays you're directed to.
- Use available resources including teacher support.
- Create original work and submit it on time.

Discussion Board Posts
- Discussions are credit/no credit so just participating in them will earn you credit. If you are unable to answer the discussion questions just mention that and then share what you think of the video or ask a question about it. Your opinion matters so feel free to share it.   :)
- Note: If you feel uncomfortable interacting with the other learners then please message me directly so I may accommodate you.

Netiquette

Netiquette is a set of rules for behaving properly online. The following bullet points cover some basics to communicating online:

- Use good taste when composing your responses in Discussion Forums. Swearing and profanity is also part of being sensitive to your classmates and should be avoided. Also consider that slang can be misunderstood or misinterpreted.
- Be sensitive to the fact that there will be cultural and linguistic backgrounds, as well as different political and religious beliefs, plus just differences in general.
- Don't use all capital letters when composing your responses as this is considered "shouting" on the internet and is regarded as impolite or aggressive. It can also be stressful on the eye when trying to read your message.
- Be respectful of your others' views and opinions. Avoid "flaming" (publicly attacking or insulting) them as this can cause hurt feelings and decrease the chances of getting all different types of points of view.
- Be careful when using acronyms. If you use an acronym it is best to spell out its meaning first, then put the acronym in parentheses afterward, for example: Frequently Asked Questions (FAQs). After that you can use the acronym freely throughout your message.
- Use good grammar and spelling, and avoid using text messaging shortcuts.
- I expect students to treat fellow students, their instructors, other faculty, and staff with respect. Any student or employee will tolerate no form of "hostile environment" or "harassment."

Grading:

Each assignment is given a specific number of points. The number of points earned by the student is determined and a percentage is calculated. The raw score is recorded in the grade book.

An overall grade in the course will be determined according to your school's grading scale.

<u>Scoring Rubric</u>

90-100   Mastered process and technique
                Strong composition
                Appropriate subject-matter
                Strong creative expression

80-89   Good-Very good process and technique
                Good-Very composition
                Shows some creative strength
                Appropriate subject-matter

70-79   Technique/composition needs improvement
                Fair quality composition

Shows a little creativity or originality

60-69   Poor evidence of technique/composition
             Lacks creativity or originality
             Did not follow some directions

0-59   Incomplete
             Did not follow most or all directions
             Please redo and resubmit

Discussion Rubric

9-10   Response is long
             On-topic / relevant / varied structure
             No grammar / spelling errors

7-8   Response is ok length
             On-topic / relevant
             Minor grammar / spelling errors

5-6   Response is short
             Somewhat on-topic / relevant
             Many grammar / spelling errors

0-5   Response is too short
             Off-topic / not relevant
             Please redo

Honesty and Plagiarism
Plagiarism of any sort is prohibited. According to the Merriam-Webster online dictionary, to "plagiarize" means:
- to steal and pass off (the ideas or words of another) as one's own
- to use (another's production) without crediting the source
- to commit literary theft
- to present as new and original an idea or product derived from an existing source

Please review THIS RESOURCE for more information on plagiarism. Any plagiarized work will be given a zero and referred to your EF/COACH/GUIDE for review.

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