

Sports Medicine: Injury Care and Management Course Syllabus

Teacher: Andrew Hong, MS, ATC, CSCS, CES

Phone: (661) 397-3701

Email: andrew_hong@kernhigh.org

Address: 7301 Old River Rd
Bakersfield, CA 93311

SPORTS MEDICINE

COURSE DESCRIPTION:

This course provides instruction in topics related to the field of Sports Medicine. These topics include; prevention, treatment, taping and rehabilitation of athletic injuries, anatomy, cell and tissue structure and response to injury, body systems, exercise physiology, therapeutic modalities, therapeutic exercise, pharmacology, nutrition, and kinesiology. This rigorous academic course requires a high level of independent study. Training is divided into academic coursework and hands-on clinical experience.

Qualified students may participate in job shadowing and/or an internship in a related field such as, Exercise Physiology, Biomechanics, Sports Psychology, Sports Nutrition, Strength and Conditioning, Personal Fitness Training, Practice of Medicine, Athletic Training, Sports Physical Therapy, Sports Massage Therapy, Sports Dentistry, Osteopathic Medicine, Orthotics/ Prosthetics, Sports Chiropractic, Sports Podiatry, Emergency Medical Technician.

CLASS TEXT:

Prentice, W. E. (15th edition). (2014). Principles of Athletic Training: A Competency-Based Approach. New York, NY. The McGraw-Hill Companies, Inc.

COURSE LEARNING OUTCOMES:

1. Practice and Application of Kinesiology: Demonstrate the ability to participate in, plan, lead, and implement physical activity and nutrition programs for the development of healthy behaviors and improved quality of life.
2. Analysis and Critical Thinking in Kinesiology: Understand and utilize qualitative and quantitative processes for human performance and health assessment.
3. Professional Development: Demonstrate a commitment to the development of professional dispositions such as ethical behavior and collaboration as well as engagement in community and professional organizations.

COURSE OBJECTIVE

Following the completion of this course, students should be able to:

1. Identify and describe the anatomy of shoulder, hip, knee, ankle and vertebral joints that are subject to injury.
2. Define mechanisms of tissue trauma related to bone, cartilage, ligament, nerve, brain, and muscle.
3. Describe common injuries associated with the upper appendage, the spine and head, and the lower appendage.

4. Properly execute the skills related to the care of athletic injuries to include taping, using modalities, and rehabilitative exercises.
5. Describe nutritional, pharmacological and therapeutic methods of injury rehabilitation
6. Describe methods of injury prevention related to environmental conditions.
7. List the members and explain roles of the Emergency Team.
8. Describe the legalities/liabilities associated with athletic training.
9. Define the ethical and professional standards in the athletic training profession.

DUAL ENROLLMENT

This class is a course that is eligible for college credit from California State University, Bakersfield. Therefore, high school students enrolled in this class will have the opportunity to receive both high school AND college credit; this process is known as Dual Enrollment. Parents will need to sign a permission slip that allows their student to also earn college credit in the course. This class will be dual enrolled with California State University, Bakersfield's KINE 2100: Sports Medicine I: Care and Prevention of Athletic Injuries, KINE 1020: CPR, First Aid and AED, KINE 1018: Lifetime Fitness, and KINE 1545: Foundations of Functional Movement. No cost for KHSD students.

CLASSROOM SUPPLIES:

- Paper (Optional)
- Pens and pencils
- 3x5 index cards

CLASSROOM DRESS CODE:

The class will be split into a classroom portion and an active lab section. Therefore, students should wear APPROPRIATE athletic wear to class and be expected to exercise everyday.

ATTENDANCE PROCEDURES:

Class starts at 7:30 AM (morning class) and 12:00 PM (afternoon class). In preparation for the work world, students will be expected to be on time and meet the 500 hour minimum attendance requirement. Irresponsible attendance directly affects the quality of learning and does not display acceptable work ethic. The material presented and lab practice prepares students for clinical work settings. Penalties will be given for unjustifiable tardiness and excessive absences, including being dropped from the program. Students receive daily points for participation, tardiness, and absences affect the number of points received.

PARTICIPATION/ CONDUCT:

Students are expected to be trustworthy and maintain a high level of professionalism in the classroom and in clinical settings. Students must demonstrate the ability to work well with peers in the classroom and with mentors in clinical settings. Students who do not conduct themselves appropriately will lose daily participation/ conduct points and risk being dropped from the program.

CLASSROOM RULES:

1. Communicate
2. Collaborate
3. Celebrate
4. Culture
 - On time
 - NO Electronic devices
 - Professionalism

Participation Point Codes:

- EB: Earbuds
- P: Phone
- E: Engagement
- D: Dress Code
- L: Late
- C: Called In
- A: Absent

GRADING POLICY/SCALE:

A = 90 – 100%

B = 80 – 89%

C = 70 - 79%

D = 60 – 69%

GRADING WEIGHT:

First Semester

- Assignments: 30%
- Exams/ Participation: 70%

Second Semester

- Community Classroom: 50%
- Assignments: 25%
- Exams/ Participation: 25%

COMMUNITY CLASSROOM:

During the second semester, eligible students will be able to attend community classroom (internships). Community classroom is an opportunity for students to see the connection between what is learned in class and how it is applied in the industry. Students must have no lower than a 'C' letter grade and meet the minimum attendance requirement to attend community classroom.

HOMEWORK/ STUDY:

There will be limited homework assigned for this course. However, students will be responsible to study outside of class, as needed.

COURSE OUTLINE:

The course outline listed below is a tentative schedule. The dates are subject to change at the instructor's discretion.

Unit 1: Introduction

- Career Choice
- Navigating the Body

Unit 2: Pathology of Sports Injury

- Pathologies
- Phases of Healing

Unit 3: Lower Extremity Anatomy/ Injuries

- Foot
- Ankle and Lower Leg
- Knee
- Thigh, Hip, Groin, Pelvis

Unit 4: Upper Extremity Anatomy/ Injuries

- Shoulder
- Elbow
- Forearm, Wrist, Hand, and Fingers

Unit 5: Head and Trunk Anatomy/ Injuries

- Spine
- Head, Face, Eyes, Ears, Nose, and Throat
- Thorax and Abdomen

Unit 6: Prevention/ Protective Equipment

- Taping
- Protective Equipment

Unit 7: Miscellaneous Topics

- Skin Disorders
- General Conditions
- Nutrition
- Pharmacology, Drugs, and Sports
- Health Care Organization and Administration in Athletic Training
- Legal Concerns and Insurance Issues

Unit 8: Employment Portfolio

- Job Readiness Skills and Tool

Sports Medicine Contract

Course Name: Sports Medicine

Instructor: Andrew Hong, MS, ATC, CSCS, CES

Room: TBD

Student: I have received a copy of the course syllabus. I agree to abide by all of the standards, requirements and classroom rules. I commit to completing 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 permissions to participate in all activities and discussion related to this course.

Parent : Print Name

Parent: Signature

Date