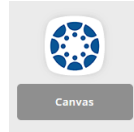


**Apex Friendship High School
Sports Medicine I Syllabus**

Ashley Fronk
Sports Medicine
Health and Physical Education
Head Athletic Trainer
Office: 1519 and 1520
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Remind: Text @afhssm1 to 81010



Canvas: Sports Medicine I - Fronk

Course Description:

This course is designed to establish the basic foundations and principles of sports medicine and the profession of athletic training. Students will gain knowledge in the prevention, recognition, and treatment of injuries occurring to athletes in organized sports programs as well as injuries occurring in lifelong sports and fitness activities. Through lab sessions, students will have the opportunity to practice wrapping, taping, and other basic skills used in the athletic training profession.

Sports Medicine I Topics:

- Medical Terminology
- Sports Medicine Team
- Anatomical Terminology
- Adult and Pediatric First Aid/CPR/AED
- Handling Emergency Situations
- Bloodborne Pathogens and Universal Precautions
- Organizing and Administering an Athletic Training Program
- Legal Liability and Insurance
- Protective Sports Equipment
- Anatomy – Bones and Muscles
- Traumatic Brain Injuries – Concussions
- Recognizing Different Sports Injuries
- Environmental Conditions
- Wrapping and Taping Techniques

Materials: **May be purchased at any retail corporation, sporting goods store, or online**

- 1-2 pack(s) of 4 rolls of 1 ½ inch white athletic tape

Office Hours:

By appointment via email or at the beginning/end of class

Attendance Policy:

Please see WCPSS Guidelines for attendance by following this link below:

<https://docs.google.com/document/d/1V4dKuMIPiRugNt5CAqwNu6HILHyODdfxEtaGZtOsNjQ/edit>

Expectations and Participation:

Students are expected to be present, on time, have all homework/classwork completed and turned in on time, and actively participate throughout the lessons and lab sessions **each day**.

Late Work Policy:

Any assignments (classwork, homework, labs, and projects) that are turned in past the due date will receive a **10 point overall deduction, per day** when graded.

- The maximum grade a late assignment can receive is a 90.
- The lowest grade a late assignment can receive is a 50 ***if it meets the minimum requirements for the assignment***. Late assignments that do not meet the minimum requirements may receive a grade less than 50.

If a student receives a **0** in PowerSchool this means they have not completed the assignment by the original due date and serves as a reminder to complete the assignment.

Grading:

A: 90-100	Tests/Labs:	30 % of total
B: 80-89	Quizzes:	25 % of total
C: 70-79	Digital Portfolio Assignments/Projects:	30 % of total
D: 60-69	Chapter Activities:	15 % of total
F: 59 and below		

*****Students with a D/F can turn in missing assignments to improve their grade*****

If you have any questions or problems, please feel free to email me. Assignments/notes will be posted in Canvas. All student work will be submitted through Canvas as well.

THANK YOU!

Sincerely,

Ashley Fronk

Student Print

Student Signature

Parent Print

Parent Signature