

Athletic Training
Mr. Peña, M.Ed., ATC

Course Description:

This course is designed to help students develop a general awareness of health careers and specific preparation for physical therapy and sports medicine occupations. Classroom instruction covers such topics as: medical terminology; human anatomy; emergency procedures; soft tissue and bone injuries; causes, symptoms and management of injuries; nutrition; physical fitness; and career opportunities. In addition to this ongoing classroom instruction, students will rotate through on-the-job training experiences with athletic trainers. Throughout this course, the students' core academic skills and ability to deal with people will be stressed.

Textbook: Clover, Jim. Sports Medicine Essentials. Cengage Learning, Latest edition.

Materials:

1. Three Ring Binder: 8 ½" x 11" binder which will contain student's homework and handouts throughout the entirety of the year (should be at least a recommended 1 ½" thick).
2. A Sports Medicine Polo will need to be checked out before each event covered. You are responsible for the polo checked out. Dress code during event coverage must be professional.

Textbook:

Internship Hours:

There will be a mandatory 20 hours spent in the athletic training room/athletic competitions, applying the skills you have been learning in the class, under the supervision of the Athletic Trainer. Failure to put in your 20 hours will result in a grade no higher than a "C-". If you are a 2 or 3 sport athlete, please speak with Mr. Peña in the first 2 weeks of school to make the appropriate accommodations.

Course of Study:

Infection Control	The Hip & Thigh
Emergency Procedures	Abdomen and Thorax
Human Anatomy & Terminology	Head and Face
Mechanisms and Characteristics of Sport Trauma	Spine
Tissue Response to Injury	The Shoulder and Upper Arm
Foot, Ankle & Lower Leg	Elbow, Forearm, Wrist & Hand
The Knee	Nutrition
Physical Conditioning	Rehabilitation Techniques

Student Objectives:

1. Apply a working knowledge of anatomy to athletics.
2. Apply the basic skills needed to care for athletic injuries.
3. Demonstrate basic taping techniques needed to care for athletic injuries.

4. Demonstrate basic prevention techniques.
5. Analyze various injuries and determine proper first aid procedures given various sports activities.

Student Learning Outcomes:

1. Describe and identify athletic training procedures through proper anatomy, nutrition, and emergency care.
2. Apply the basic skills needed to care for athletic injuries.
3. Identify mechanisms of injury and select proper referral process.

Classroom Procedures:

Late Work

Late work will be worth 50% of full credit. Late assignments must be turned in before the end of each unit. Please turn in all assignments on time.

Make-up Work

It is the student's responsibility to find out what assignments have been missed during an absence and make plans with instructor to get caught up on any missed tests, homework, quizzes and labs.

All "in-class" make-up work will be done at lunch or after school at the discretion of the teacher.

In the case of an excused absence, students will be expected to make-up all quizzes, test and/or any other assignments on their return to school. They will be given the same amount of days of the absence to make-up the work. For example, if a student has a three day excused absence, they will have three school days to make-up the work.

In the case of an anticipated absence, students will be expected to take any tests, quizzes, and/or any assignments on the day before their absence. In the case of an unexcused absence, no make-up work will be accepted.

Classroom Management:

Students will be in his/her seat when the bell rings (ready to work) or they will receive a tardy. Come prepared with your own appropriate materials. Students will raise his/her hand before speaking, waiting for the instructor to call upon him/her. The instructor will not be interrupted. **The use of cellphones in the classroom is prohibited. Please do not charge phone in class.**

The instructor will dismiss the class, not the final bell. Failure to remain in the appropriate seat will result in a tardy. Any disrespect shown to the teacher or another student will be an automatic referral- no warning necessary!

Discipline (any of these in any order):

Step 1: Verbal Warning

Step 2: Conference with Student

- Step 3: Parent Phone Call
- Step 4: Counselor Referral
- Step 5: Student sent to Academy Director with Referral

Grade Weighting:

- Tests 40%
- Labs & Projects 20%
- Quizzes 10%
- Homework 10%
- Final & Portfolio 20%

Contact:
Email: tony.pena@wusd.ws

Please Sign and Return this Page

I understand that Mr. Peña has the right and responsibility to teach the coursework required for this class as expected by the state of California and the Washington Unified School District. This includes his right and responsibility to maintain a classroom environment conducive to learning on behalf of each of the students and their parent(s)/guardian(s).

I have read and agree to comply with the classroom rules and procedures.

Please print name (student): _____

Student's signature: _____

Parents/Guardians

Thank you for your cooperation. I am looking forward to this semester. Do not hesitate to call or email me for any reason. Please leave a message if I do not answer. I would appreciate if you can provide the following information:

Home phone number _____ Work phone number _____

Optional:
Parent Email _____ Cell _____

How would you prefer I contact you first? (circle) Home Phone Cell Email Any of these

Parent's Signature: _____ Date: _____

WUHS Sports Medicine Internship Contract

I, _____ hereby acknowledge the fact that 20 hours of on-field internship, supervised by the on-staff Certified Athletic Trainer, is required for the completion of this course. Twenty hours will be due at the end of the semester. I understand that failure to complete this internship requirement will result in a grade no higher than a C-. I understand that it is my own responsibility to make the effort to complete the internship requirement.

Student's Signature: _____ **Date:** _____

Parent's Signature: _____ **Date:** _____