

Western Montgomery Career and Technology Center

Sports Medicine Program

Ms. Aimee Shelton, MEd, LAT, ATC

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Course Description:

The Sports Medicine program is designed to prepare students for a number of technical fields related to kinesiology. Instruction includes theory and applications related to: anatomy, physiology, and pathophysiology, human development, medical terminology, emergency care and infection control, injury prevention and protection, treatment, rehabilitation, and clinical skills, exercise science and prescription, nutrition and hydration, and mental health and wellness.

Students will learn essential skills directly related to the Athletic Training and Physical Therapy career paths. The program also serves as a strong foundation for students wishing to pursue degrees in Exercise Physiology, Occupational Therapy, Orthopedic or Emergency Medicine.

In addition, upon completion of this program, students will be prepared for employment in a wide variety of settings that include, but are not limited to, athletic teams, hospitals, wellness programs, and clinical rehabilitation facilities.

Industry certifications will be earned as outlined below, as well, students will also have an opportunity to participate in student-lead organizations: HOSA and SkillsUSA, adding leadership opportunities to their resumes.

Industry Certifications Available:

- American Heart Association Heartsaver CPR & AED
- American Red Cross First Aid
- OSHA 10 for Healthcare Employees
- HIPAA
- Stop the Bleed Certification
- NASM Certified Personal Trainer
- Mental Health First-Aid

Articulation Agreements

- Montgomery County Community College
- Bloomsburg University
- Lock Haven University
- Mansfield University
- Pennsylvania College of Technology
- St. Francis University

Textbooks:

Sports Medicine Essentials: Core Concepts in Athletic Training and Fitness Instruction, 3rd edition. Jim Clover (Textbook)

Sports Medicine Essentials: Core Concepts in Athletic Training and Fitness Instruction, 3rd edition. Jim Clover (Workbook)

ACSM Resources for the Personal Trainer 5th edition. (Textbook)

Materials:

Notebook / Loose leaf paper

3-Ring Binder

Pen/Pencil

Charged Computer

Daily Classroom Schedule/Procedures:

The daily schedule will combine instruction on the theory, as well as, performance tasks that are practiced and assessed in the labs. Various learning activities will be utilized to guide students in acquiring the necessary knowledge. Time spent on theory and in the lab will change depending on the concept being taught.

Students will also attend PE class per our assigned day in the rotation.

Electronics Policy:

This is a **No Electronics** program. All electronic devices (phones, earbuds, airpods, smartwatches, etc) will be turned off and placed in the Electronics ICU until the end of class. Students are welcome to charge their devices. All computers are to be away unless instructed otherwise.

Failure to follow this policy will result in zero work ethic points for the day. When a student needs to be reminded more than twice, they will earn zero points for the week. When a student needs to be reminded more than three times, a call will go home and Dr. Colyer will be notified.

Program Expectations:

All Sports Medicine students are expected to:

- Follow the Electronics Policy
- Follow the uniform requirements
- Be punctual and complete all assigned work on time
- Learn and work in a safe and professional manner
- Respect classmates, classroom and lab property
- Manage time effectively
- Come to class prepared to learn and with the necessary materials
- Participate in lectures, demonstrations, and all learning activities
- Adhere to lab space rules

Uniform Requirements:

Sports Medicine requires navy or light blue polo type shirts. Khaki, golf, jogger or yoga-type pants are also required. Pants may be blue, gray, or black in color. For safety, **sneakers** are a uniform requirement. The WMCTC quarter zip, t-shirt, and crewneck or hoodie sweatshirts are also acceptable. Hoodies and sweatshirts can be navy, grey, or black but free of logos or wording.

Jeans, jean shorts, shorts, sweatpants, Crocs, Uggs, Ugg slippers, Hey Dudes, and boots of any kind are not acceptable. Locker rooms are available for changing before and after class. Most students keep their uniform, including sneakers, here at WMCTC.

Program Requirements/Costs:

Job shadowing clearances may include PA Child Abuse History Clearance, PA Criminal Record Check, and FBI Criminal Background Check. Physical examination, including Hepatitis B and Tuberculin Skin Test, and Covid-19 vaccination may also be required. All are dependent upon location.

Job Shadowing:

Opportunities to observe sports medicine professionals will take place during the afternoon session for Level 4 students. Opportunities vary from physical therapy clinics, athletic training sites, doctor's offices and community wellness facilities. Job shadowing is a privilege and student participation will be contingent upon overall classroom work ethic grade. Students are responsible for obtaining transportation to and from job shadowing sites.

Grading:

WMCTC quarterly grades are weighted according to the following percentages:

- 30% Attitude/Participation (Work Ethic)
- 30% Knowledge
- 40% Skill

WMCTC grading system is defined as:

A	100-93
B	92-85
C	84-77
D	76-70
F	70 >

Work Ethic

Work Ethic includes the electronics policy, all areas of our program expectations, plus professionalism, teamwork, attendance, reliability, safety, and organization. Work ethic grade is worth 10 points per day.

Knowledge/Theory

Knowledge and Theory includes all assignments in class, homework, labs and assessments.

Skill

Includes assessments, labs, and projects and may also include assignments.

The weight (30% or 40%) of any given assignment, lab, project, or assessment is determined by the instructor. In order to receive full credit all assignments must be submitted by the due date. Late work will result in partial credit. In the case of illness or absence, extended time will be given to the student in order to complete the missing work.

Students are provided with an electronic version of the program Task List in CTE360. During the year students will use their WMCTC email account to log in to CTE360 and assess their progress.

This is a state mandated Program of Study. The Task List must be completed by each student in order to receive a *certificate of course completion* at the end of their years spent in the Sports Medicine Program.

Course Objectives

1. Students will apply procedures and techniques used in athletic training and in the care and rehabilitation of athletic injuries and therapeutic exercise.
2. Students will learn techniques in the analysis of mechanical factors related to human movement.
3. Students will learn to critically evaluate acute and chronic conditions associated with the human body's responses to exercise.
4. Students will increase their knowledge of comprehensive health and wellness.
5. Students will be able to identify the components of fitness and communicate the relationship between physical fitness, physical performance, injury prevention, and nutritional intake.
6. Students will analyze and evaluate how the body systems respond to physical activity, disease, and aging.
7. Students will evaluate an individual's state of nutrition based upon the impact of personal choices and social, scientific, psychological and environmental influences.
8. Students will learn clinical and field evaluative processes, injury prevention techniques, conditioning techniques, treatment, taping, bracing, and rehabilitation of musculoskeletal

injuries and conditions.

9. Students will demonstrate knowledge of body systems with emphasis on the interrelationships between structure and physical function.

I have read the syllabus and agree to abide by these guidelines.

Student Signature: _____ Date: _____

As a Parent/Guardian, I have read the syllabus and support these guidelines.

Parent/Guardian Signature: _____ Date: _____