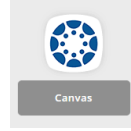


**Apex Friendship High School
Sports Medicine II Honors Syllabus**

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Remind: Text @afhssm2 to 81010



Canvas: Sports Medicine II - Fronk

Course Description:

This course is designed to provide students with an understanding of the prevention, treatment, and rehabilitation of injuries occurring to athletes in an organized sports program as well as injuries occurring in lifelong sports and fitness activities. Students will gain knowledge in recognition of injuries, and through lab sessions, will have the opportunity to practice wrapping, taping, and other basic skills used in athletic training. Students will have the opportunity to observe evaluation, treatment, and rehabilitation of actual injuries to Apex Friendship athletes while assisting with game coverage.

Sports Medicine II Topics:

- Anatomical and Medical Terminology
- Preventing and Managing Injuries
- Anatomy – Bones, Muscles, Ligaments, and Injuries
 - o Foot and Toes
 - o Ankle and Lower Leg
 - o Knee
 - o Thigh, Groin, Hip, and Pelvis
 - o Shoulder
 - o Elbow, Wrist, and Hand
 - o Trunk and Spine
 - o Thorax and Abdomen
 - o Head, Face, Eyes, Ears, Nose, Mouth, and Throat

Materials:

Students are required to purchase an AFHS Athletic Training t-shirt that they will have to wear while working their assigned sport. These will be ordered during the first week of class – these will be ordered online through the AFHS AT Johnson Lambe clothing website. ***The link will be sent out via Canvas and Remind***
<https://afhsat2025.itemorder.com> – Navy Sport-Tek Posicharge Competitor Tee (\$20)

****This site will be open from Monday, 8/25 and will close on Monday, 9/1 at 11:59pm!****

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/1V4dKuMIPiRugNt5CAqwuNu6HILHyQDdfxEtaGZtQsNjQ/edit>

Cell Phone Policy:

Apex Friendship High School will implement School Board Policy and state law related to use of wireless communication devices during class time. The goal of this policy is to support students in having the opportunity to fully engage in their learning experience so that they can achieve their best possible outcomes. All students are expected to store their cell phones and earbuds/headphones in their backpack so that these devices are neither visible or audible during class time unless directed to do otherwise for instructional purposes by the teacher. Students will receive a redirection from the teacher if they are not in compliance with this expectation. Where students continue to not meet this expectation after redirection, an administrator will be called to remove the student from the learning environment.

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 Infinite Campus this means they have not completed the assignment by the original due date and serves as a reminder to complete the assignment.

Dress Code and Behavioral Expectations:

Students are expected to uphold the AFHS dress code policy at all times. If we are completing a lab you will be expected to dress appropriately to participate. If you are behaving inappropriately, especially when completing practice and game preparation, the entire class will lose this privilege.

Observation Hours

Students will be required to complete **observation hours** with AFHS athletic teams during the fall and winter seasons. **Students will be assigned a specific sport in the fall (Men's Soccer or Volleyball) and winter season (Men's or Women's Basketball) and will be required to attend 90% of ALL home events for their assigned sport** to help achieve their required hours – **these hours will count for 30% of your final grade.**

You will need to make your own travel arrangements. In order to work games, you must have a pair of closed-toed shoes, athletic shorts of appropriate length or athletic pants, and your AFHS Athletic Training t-shirt (this is your ticket into games for your assigned sport).

****All observation hours will be due on Friday, January 9.****

Grading:

A: 90-100	Tests/Labs:	20 % of total
B: 80-89	Quizzes:	15 % of total
C: 70-79	Digital Portfolio Assignments/Projects:	30 % of total
D: 60-69	Chapter Activities:	5 % of total
F: 59 and below	Observation Hours/Participation:	30 % of total

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

Final Exam Exemptions:

Students are eligible for exam exemptions if they meet all of the following criteria:

- A or B as projected final grade for the course
- 10 or fewer absences (of any kind) for the course
- 10 or fewer tardies in the course

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

THANK YOU!

Sincerely,

Ashley Fronk

Student Print

Student Signature

Parent Print

Parent Signature