

Strathmore High School  
**Sports Medicine 15**  
Mr. W. Clark

The purpose of the Sports Medicine course is to provide high school students with an opportunity to learn various facets of sport injuries, first aid care and professions related to sports medicine. This course will also include anatomy and physiology. In addition, sports medicine will help students become more familiar with the prevention, care and rehabilitation of athletic injuries.

This course offers a logical beginning for those students who are interested in such fields as sports medicine, physiotherapy, nursing medicine, physical education or emergency medical technician.

**General Outcomes**

The students will:

- A. Acquire basic recognition and management skills regarding athletic injuries.
- B. Apply basic knowledge and skills in injury care and basic first aid.
- C. Recognize potential injury situations and take action before an injury occurs.
- D. Have the ability to apply basic taping skills to aid in injury prevention.

**Student Assessment**

This course is a module/CTS based program. There are three modules to fulfill the requirements of this course:

- First Aid/CPR
  - Students will study first aid skills and demonstrate techniques and procedures for dealing with emergency situations.
- Sports First Aid
  - Students learn different aspects of sport injuries, first aid care, taping and prevention of injuries.
- Musculo-Skeletal System
  - Students study the anatomy, physiology and pathology of the musculoskeletal system to gain an appreciation for practicing a healthy lifestyle, and to acquire the knowledge and skills needed to deal with musculoskeletal conditions.
- Digestive System (if time allows???)
  - Students study the anatomy, physiology, pathology and treatment of the digestive and elimination systems. They also acquire knowledge on fuelling before, during and after activity.

Most modules will include written assignments, presentations, in-class research, home-based research, hands-on experience, and autonomy in project selection in many cases.

A minimum of 50% is required to pass each module.

### **Attendance/Lates**

Assignments, which reinforce concepts taught in class and give students vital opportunities for learning practice, are an essential part of the learning and teaching process. A student's registration and placement in this course are an indication that the student has made a commitment to full participation in the course. Attendance and the completion of assignments are critical elements of that participation and are the responsibility of the student. It is the expectation that all students will attend all classes and complete all work assigned.

Late policy:

- Step 1            3 excused lates.
- Step 2            Teacher consequences for next 4 lates.
- Step 3            5 teacher assigned noon hour detentions in the detention room.
- Step 4            Referral to Administration.

### **Course Fee and Supplies**

There is a \$20 fee for this course. The fee includes handouts, tape and medical supplies, and field trips.

Three ring binder, dividers, pens, pencils, erasers and pencil crayons.