

## **SPORTS MEDICINE**

Mrs. Uhl-Smith

[kuhl-smith@csh.k12.ny.us](mailto:kuhl-smith@csh.k12.ny.us)

This non-traditional approach to physical education is geared toward junior and senior students who are planning to pursue a career in the fields of medicine, athletic training, exercise physiology, science, health, recreation, and/or physical education. In a lecture and laboratory setting, the emphasis of this course will be on athletic training and sports medicine concepts. This course will cover prevention and treatment of injuries, performance enhancement, anatomy and physiology, sports nutrition and personal fitness training principles. Students will be assessing themselves and their peers using a variety of modalities such as computers, blood pressure devices and heart rate monitors.

### **Outline of Topics**

anatomy (muscles/bones)

physiology / body systems

movement concepts

diseases/prevention of disease

athletic taping/bracing

sports nutrition / performance enhancement drugs

training principles

components of fitness (flexibility, body composition, muscular strength/endurance, cardiovascular endurance)

pharmacology

career exploration

American Red Cross CPR/AED for the Professional Rescuer certification

Responding to Emergencies certification

Epi Pen and Asthma Inhaler certification

blood pressure reading/ heart rate

sports injuries

medical terminology

### **Special Equipment Used**

stethoscope/sphygmomanometer

goniometer

spirometer

table skeletons and anatomy models

### **Supplies/Materials Required for Class**

A folder will be given to you during the first week of class. All class handouts and notes should be kept in this folder which will be collected at the end of each class period and stored in the classroom. At the beginning of each class period, folders will be distributed

## Sports Medicine continued....

- Class meets alternating days for entire school year.
- “Cutting” class will not be tolerated and will be reported to administration.
- The only approved absences from class will be legal absences from school and scheduled appointments with the principals/guidance counselors. Please schedule all other meetings and appointments accordingly.
- You must pass this course to complete your physical education requirement for the year !!!!! Physical education is a graduation requirement!!!!
- Extra help is available, as needed by appointment.
- Extra credit available upon request, throughout the course.

### **Grading**

**A** 90-100

**P+** 80-89

**P** 70-79

**P-** 61-69

**I** Incomplete; only given in special circumstances (students will have 2 weeks after the marking period ends to complete all required work, to receive a grade/credit)

**F** < or = 60

### **Grades will be based on the following:**

quizzes

tests

lab work

training room observation

attendance/participation

research assignments

presentations

practical assessments

participation

other assignments