



Mrs. Uhl-Smith
kuhl-smith@csh.k12.ny.us

SPORTS MEDICINE

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.

- 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 at 7 am on Wed. mornings and during the school day.
- Extra credit available upon request, throughout the course.

Outline of Topics

anatomy (muscles/bones)

physiology / body systems

movement concepts

diseases/prevention of disease

athletic taping/bracing

sport 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

American Red Cross Responding to Emergencies certification

Epi Pen and Asthma Inhaler certification

blood pressure reading/ heart rate

sport injuries

medical terminology

Special Equipment Used

stethoscope/sphygmomanometer
table skeletons and anatomy models
thermometers

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.

Grading

A 93-100

A- 90-92

B+ 87-89

B 83-86

B- 80-82

C+ 77-79

C 73-76

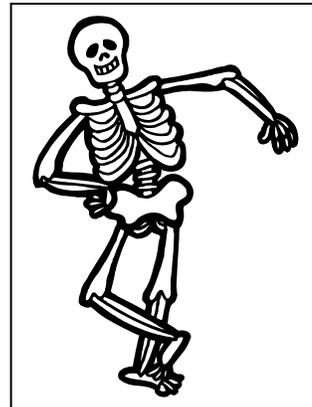
C- 70-72

D+ 67-69

D 65-66

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 < 65



Grades will be based on the following:

quizzes

tests

lab/classroom work

training room observation

research assignments

presentations

practical assessments

participation in class discussions