



Dr. E.P. Scarlett High School

Sports Medicine Introduction (15)

Teacher:

Semester: Fall 2022

School Year: 2022 - 2023

Contact Information:

- Email:
- Main Office: 403-281-3366
- Additional course information/materials for students can be found on D2L

Credits: 5

Course Fees: \$100

- Covers CPR – C Certification and class materials

Please note: If fees are not paid 1 week prior to start of CPR training (Monday, September 27th), the student will not be eligible to participate in the training. This will result in the student not achieving their CRP certification and potentially losing credit for the Health Services Foundation Module. If financial assistance is needed, please contact Mr. Randy Lewis at 403-281-3366 1 week prior to the start of the training.

Course Objectives

Students will learn about the various facets of Sports Injuries, Anatomy and Physiology, First Aid Care, Training Room Management, and career opportunities related to Sports Medicine.

Instruction will utilize such processes as guided discovery, problem solving, independent research, computer technology, practical labs, and application of acquired skills for field simulations and situations. This academic course will encourage individual learning styles focusing on both theoretical and practical situations. The student trainer will be educated in the recognition of emergency procedures. However, due to the potential liability of this course, students will only aid in the assessment and rehabilitation of the injured athlete. Through the recommendations of medical and therapeutic professionals, the student trainer, under proper supervision, will perform basic preventative and rehabilitative techniques.

In Sports Medicine, the competencies (the development of knowledge, skills & attitudes) of focus are:

- Showing responsibility and adaptability as you work with, cooperate, and communicate with others in thinking and solving problems
- Identify and apply life and personal management skills through personal growth and continual learning
- Demonstrate the ability to manage information while helping to create a safe working environment

Rationale for the Course

With the increased number of participants involved in physical activity and competitive sport in schools, our focus for our students is the care and prevention of athletic injuries.

Course Objectives and Expected Learner Outcomes

1. To learn about athletic training skills, including: the immediate care, prevention, and rehabilitation of athletic injuries and develop practical skills
2. To demonstrate increased responsibility in and around the school setting.
3. To provide a safer athletic environment by providing emergency first aid.
4. To develop skills that lead to a positive rapport with coaches, teachers, medical personnel, athletes, and peers.
5. To become familiar with and be able to utilize a variety of problem-solving techniques pertaining to theoretical scenarios and practical applications.
6. To become increasingly proficient at analyzing and dealing with emergencies.
7. To enhance the development of personal qualities such as cooperation, leadership, trust, responsibility, and sensitivity to others.
8. To develop a more positive self-concept with high moral and ethical values
9. To acquire the fundamental skills required to be an Athletic First Aider, for example a student trainer.

Cell Phone Policy – Cell phones are only to be used if a teacher allows use for academic purposes during class.

Course Outline

Sports Medicine is an elective course consisting of up to five credits. The introduction to sports medicine curriculum offers a logical beginning for those students who are interested in such fields as sports medicine, physiotherapy, nursing, medicine, physical education, basic first aid, or for your own life long personal use.

Outcomes Covered:

1. Immediate care and prevention of athletic injuries in the areas of the foot, ankle, knee, elbow, hands and fingers.
2. Care of soft tissue injuries, such as abrasions and lacerations, through basic first aid.
3. Recognition and management of athletic injuries such as sprains, strains, and fractures.
4. Certification in basic cardiopulmonary resuscitation.
5. Implementation of various taping techniques.
6. The study of basic anatomy and physiology including: growth and development, heat and cold injuries, hypothermia, hyperthermia, temperature regulation, and acclimatization.
7. The study of therapeutic modalities (ice and heat treatments).
8. Maintenance of a clean, organized training facility.
9. Familiarization of administrative duties and facility management.
10. Practical application of acquired skills related to the ankle, hand, wrist, and elbow through case simulations.
 - a. taping techniques

- b. injury assessment
 - c. basic anatomy – skeletal, major muscle groups, tendons and ligaments dealing with the injuries at this level
11. The utilization of acquired skills and knowledge via an introductory practicum experience as a team athletic trainer of approximately 15 hours.

Course Resources:

Various online resources depicting techniques, information and medical procedures will be used in class. Taping instructional videos will be shown and notes will be available on a D2L shell. Teacher support is available during morning help room times

Assessment:

Labs – 20%

Tests and quizzes – 20%

Assignments, research, group work and general course work – 50%

Personal responsibility and employability skills as it applies to training, learning and practicing of skills - 10%

Marks will be available through PowerSchool throughout the semester.

The Sports Medicine program is composed of a variety of one-credit courses. To be considered complete, all assignments and projects in a one-credit course must be attempted and or completed.

CTS course credits will be taken from the following list of courses:

- *1. HSS1010 – Health Services Foundation
- *2. REC 1020 - Injury and Management 1
- *3. HCS 1050 - Musculoskeletal System
- *4. HCS1910 – HCS Project A (Training Hours 60% and Project 40%)
- *5. REC1030 – Technical Foundations for Injury Management

Please note that Sports Medicine is designed to be an in-person course. All course materials can be found on D2L; however, it is necessary for students to attend class. It is the responsibility of the student to catch-up on any missed work, including, assignments, labs and quizzes.

Welcome to the World of Sports Medicine!