

Sports Medicine UC ~ Syllabus 2017 ~ 2018

Instructor Ms. M. Joyce

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Room # A163

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Class Hours Periods 3 & 4

School Segerstrom High School

Course Description:

This is a yearlong course in Health Science that prepares students for the field of Sports Medicine. Students study anatomy, physiology and bodily systems and apply their knowledge within the area of Sports Medicine. Students will expand on their understanding of the scientific foundations in the evaluation, assessment and care of injuries, as well as preventative techniques and wellness.

Prerequisites: Completion of Algebra I with minimum Grade C

Grading Policy

Student grades will be based on the number of points that you accumulate throughout the semester. Your grades are composed of four parts:

Exams	= 40%
Quizzes	= 20%
Homework/Assignments	= 30%
Taping Proficiencies	= 10%

Citizenship Grade

	HOW to EARN IT
O – Outstanding	Show up on time Have a positive attitude Be prepared/responsible Be polite, respectful and honest Participate in class so others can learn from you
S - Satisfactory	Show up on time Have a positive attitude Be prepared, responsible and honest Be polite/respectful
N – Needs Improvement	Failure to meet the criteria for an "S" ANY misbehavior for a substitute ANY academic dishonesty
U - Unsatisfactory	Severely preventing others from learning Dishonest, rude, disrespectful

Attendance

Students will attend class regularly. There is a direct correlation between attendance and grades. Attendance is extremely important. When a student does miss, he/she is responsible for finding out what information and/or assignments were missed

Classroom Guidelines

1. Students will bring all materials to class: agendas, paper, and pen/pencil.
2. Students will participate in class discussions and hands-on activities.
3. Students will show respect for the teacher and other students by not talking while the teacher is presenting material or while other students are presenting.
4. Be **respectful** of adults, classmates, and the classroom environment.
5. Classroom will be clean and orderly as you enter it as well as when you leave it.
6. Be a **problem solver, think critically** and try your best at all times.
7. Respect and take care of all school property and other students work.
8. Students will follow the standards in the Segerstrom student handbook.
9. **NO CELL PHONES, NO TEXTING, OR any ELECTRONICS are allowed for personal use during class time ~ Refer to the Jaguar's Student handbook.**
10. **All backpacks, athletic bags, etc will be left in the front of the classroom if necessary.**

COURSE SCHEDULE

Semester 1

Week	Topic
1	Introduction to Sports Medicine /Careers
2	Athletic Training/Career research/Presentation
3	Kinesiology/ Joint Classifications/Introduction to Taping
4	Joint Motions/Joint Disorders
5	Review / Test /Bones and Soft Tissue Skeletal System
6	Muscular System
7	Review/Test/Assessments and Evaluations (HOPS)
8	Foot/Ankle/Lower Leg Anatomy
9	Foot/Ankle/Lower Leg Injuries
10	Foot/ Ankle/Lower Leg Evaluation
11	Review /Test/Taping
12	Knee Anatomy
13	Knee Injuries
14	Knee evaluation
15	Review for Test, TEST, Knee Taping
16	Hip Anatomy/Injuries/Evaluations
17	Modalities
18	Review/ Final Test

COURSE SCHEDULE

Semester 2

Week	Topic
19	Nervous System Anatomy
20	Neuromuscular System
21	Review Test
22	Neck and Back Anatomy/Injuries/Evaluation
23	Review/Test / Wrapping
24	Concussions/Injuries/Evaluations/Quiz
25	Shoulder Anatomy
26	Shoulder Injuries/Evaluations
27	Review/Test/Wrapping
28	Elbow, Forearm, Wrist Anatomy
29	Elbow, Forearm, Wrist Injuries, Evaluation
30	Review, Test, Taping
31	Shock/Cardiovascular System
32	Integumentary System
33	Nutrition
34	Review for Final, Final
35	First Aid
36	First Aid

First Aid/ CPR AED some point within the Semester

Course Schedule is subject to change!

CLASSROOM AGREEMENT

I have read & reviewed the Sports Medicine UC Course Syllabus, Classroom Agreement and Course Schedule.

I understand and agree with the rules and expectations set forth in the contract provided. Please fill in all information sign, date, and return completed form to your teacher.

Thank you and I look forward to working with you this semester.

Student Name: _____ ID# _____
(Print)

Student Signature: _____ Period: _____

Parent Name: _____
(Print)

Parent Signature: _____

Telephones: Home () _____ Cell () _____

Date: _____

~ Please return this section to Ms. Joyce, Sports Medicine Teacher ~