

# Central Kitsap High School

## Course Description

### **Beginning Sports Medicine**

1 year

Credits: 1 or 2 with recommended internship

**THIS COURSE WILL SATISFY AN OCCUPATIONAL EDUCATION GRADUATION REQUIREMENT.**

**NOTE: AFTER SCHOOL HOURS ARE REQUIRED.**

This dynamic course will offer students an exciting opportunity to learn more about athletic training. Students will gain an understanding of basic health concepts familiar to all medical careers such as anatomy, physiology, first aid and CPR. The structure and function of the human body will be studied along with the psychology of injury, illness and care. This course will offer students an opportunity to integrate science, physical skill, clinical experience and job readiness skills. This class will study human anatomy, physiology and kinesiology. The main topics of study include; recognition of injury, prevention of injury, treatment, injury assessment, evaluation of injury, rehabilitation, emergency care, nutrition and First Aid and CPR. Students will learn how to assess vital signs, take a history and much more. Lab work and athletic training skills will consist of evaluations, taping, wrapping, splinting, and emergency procedures and dealing with special injury/illness conditions. Students will also have an opportunity to become certified in First Aid and CPR.

### **Advanced Sports Medicine**

1 year

Credits: 1 or 2 with recommended internship.

**PREREQUISITES:** Successful completion of Sports Medicine.

**THIS COURSE WILL SATISFY AN OCCUPATIONAL EDUCATION GRADUATION REQUIREMENT.**

This dynamic course will offer students an exciting opportunity to learn more about athletic training. This course will offer students an opportunity to gain a greater understanding of science, and the structure and function of human body as it relates to injury and illness. Students will gain an understanding of health concepts familiar to all medical careers such as anatomy, physiology and kinesiology. This course will offer students an opportunity to integrate science, physical skill, clinical experience and job readiness skills. The main topics of study include; recognition of injury, prevention of injury, treatment, injury assessment, evaluation of injury, rehabilitation, emergency care, nutrition, psychological care, and First Aid and CPR. Students will learn how to assess vital signs, take a history and much more. Lab work and athletic training skills will consist of evaluations, rehabilitation assignments, taping, wrapping, splinting, and emergency procedures and dealing with special injury/illness conditions. Students will also have an opportunity to become certified in First Aid and CPR. The clinical internship is recommended for all second year sports medicine students. Internship and observation possibilities exist at various health care facilities such as; high school training room, sports and physical therapy clinics, fitness centers, hospitals, nursing homes and other related health care institutions.