



Advanced Sports Medicine

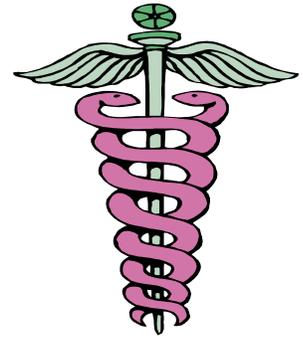
Course Syllabus

Mr. Ken Ahlstrom

kenah@cksd.wednet.edu

www-ckhs.cksd.wednet.edu/STAFF/Ahlstrom

(360) 662-2465



Description:

This dynamic course will offer students an opportunity to gain an understanding of the structure and function of the human body as it relates to injury. Students will gain further understanding of health concepts familiar to all medical careers such as basic anatomy, kinesiology and physiology. This course will offer students an opportunity to integrate knowledge and skills with a clinical experience. The major topics of study include injury recognition, assessment, evaluation, prevention, treatment, rehabilitation, and emergency care. Students will learn how to assess vital signs, take a medical history and much more. Students will also have an opportunity to become certified in first aid and CPR. This is a 1-year course that offers 2 credits with the internship. The prerequisite for this class is attendance in the Beginning Sports Medicine class.

Grading:

A = 93-100%

A- = 90-92 %

B+ = 89-87 %

B = 83-86%

B- = 80-82 %

C+ = 77-79%

C = 73-76%

C- = 70-72%

D+ = 67-69%

D = 60- 66%

1. Quizzes and test scores will make up 50% of your grade.
2. Daily projects and attendance will make up 20% of your grade.
3. Homework and injury reports will make up 30% of your grade.

Tests

Tests will be given after the end of each chapter. Tests will cover the chapter and any in class work assigned during that period. Tests will consist of multiple choice, true/ false, matching, and short answer questions. There will also be Oral Practical tests. Students will perform an injury evaluation of every body part studied. A cumulative final will be given at the end of each semester.

Every student will be allowed one note card to assist them in taking tests. The note card must be hand written. Students will only be allowed one 3x5" note card. No exceptions will be made. Any note cards larger than 3x5" will be cut down to proper size.

Students with an excused absence can take the test the day they return with a note card. An excused absence slip from the attendance office must be handed in immediately to receive use of the note card. Any student that has an unexcused absence on a test day will forfeit their

ability to use a note card and must take the test that day. Tests can be taken early if the absence is foreseen (ex: field trips and events).

At the end of each semester a cumulative Oral Practical final will be given. Each student will be required to perform evaluation skills (special tests, palpation points, and/or range of motion). Students will have the opportunity to practice evaluation skills during lab days and after school in the training room.

Daily Projects & Attendance

You will be given credit for attending and participating in class. This will consist of in class questions, daily projects and labs. If prior notice is given for when you will be absent other arrangements can be made. Attendance is vital, labs and other activities require class participation. Failure to attend will inhibit the student's ability to be successful in this class. If a student is absent it is the student's responsibility to make up any missed work. Students will not receive extra in class time to complete assignments

Homework & Injury Reports

Homework will be assigned from the book and through class lecture. Homework is due on the assigned day; if you turn in an assignment late you will be penalized 10% for each day late. Homework that is more than a week late will receive a maximum of 50% credit. If you are absent when homework is due you must turn it in the next day.

Injury reports are newspaper, magazine or journal articles that you bring into class. They are articles on any health or medically related topic. Students will give a short summary of the article followed by a class discussion. The beginning of class will be set-aside for time to present your article. Students will be required to present 4 articles, 3 additional articles may be presented for extra credit; a copy of the article must be turned in for credit. Students will be responsible for presenting their article. Students may turn in a one-page typed summary if they do not wish to present their article to the class. Typed article summaries will only receive half credit and no typed articles can be turned in for extra credit. Near the end of the semester only 5 students will be allowed to present their article per day. Do not procrastinate they are your responsibility to complete.

Students can also bring in a guest speaker to fill their injury report requirement. Guest speakers must be from the medical profession with significant responsibilities and be willing to talk to each Sports Medicine class (a proximately 3 hours total time). Guest speakers must be scheduled 3 weeks in advanced and be pre-approved before they speak (not all guest speakers will be approved). Only one speaker per medical profession will be allowed.

Website

There is a Sports Medicine website to assist student to succeed in this class. The website has pictures of students, completed student projects, links to other helpful websites, class documents, a class calendar, homework assignments, and in class work. The website allows students to print assignments from home. This can be useful when students are absent or have missing work that needs to be completed.

Olympic College Tech Prep Credit

College Tech Prep Program - This course is *College Tech Prep* approved and articulated with Olympic College. Students, who demonstrate a proficiency of the college course competencies with a 'B' (3.0) or better grade, earn college credits through the SERS Tech Prep registration process. Your teacher can assist you in the online registration process at www.westsoundcareers.com.

Medical Terminology (MEDA 162)	5 Credits
Emergency Response (PE-ED 111)	5 Credits
AIDS/HIV/Blood Borne Pathogens (MEDA 180)	1 Credits

Internship

Central Kitsap HS Internship Program is to enhance the students learning in a practical educational setting. Students will have the opportunity to experience various Sports Medicine professions through these hands on experience. The Sports Medicine Program starts with the classroom portion of the program which will consist of one credit throughout the year and one credit for the internship portion of the class. The Internship portion of the course is an Instructional Based Learning environment. It will consist of completion of hours outside of the school, competencies, and special projects due every semester. Grading will be A-F with completion of the hours, competencies, and special project. Additional hours working for an athletic team will aid in your semester grades.

Grading:

A = 90-80 Points	C+ = 59-55 Points
A- = 79-75 Points	C = 54-50 Points
B+ = 74-70 Points	C- = 49-45 Points
B = 69-65 Points	D+ = 44-40 Points
B- = 64-60 Points	D = 39-35 Points

Training Room

Students are able to work in the training room covering practices or games to earn extra credit and earn the Sports Medicine Lab credit. For every 10 hours completed students will receive an additional 1% to their final grade. Extra Credit Hours can only be earned by working in the CKHS Training room covering practices or events. Students will receive extra credit homework points by assisting in home games. Students can also receive extra credit test points by traveling with the teams to road events. All hours must be recorded and initialed after every practice or game covered. Hours will be recorded in 15-minute increments. Hours that are not initialed in a timely manner will be lost. Students will be required to conduct themselves in a professional manner. If you are unable to act in a professional manner you will be asked to change sports. If

your conduct is still a problem you will be asked to leave. Students may need to use a cell phone to communicate injuries or other needs of the athletic teams to their teacher.

Medical Observations

Students can also serve their hours in a related health field of their choosing. There are many Physical Therapy clinics, Doctors offices, and the Naval Hospital have all expressed an interest in have students come observe their facilities. The site must be approved before any hours will be given credit towards your grade. Students will be required to complete the appropriate documentation to receive credit and must have the doctor/ medical professional sign the appropriate form. The form must be returned within 3 school days to receive credit. No late hours will be accepted! No extra credit can be earned this way.

Class Rules

Students are expected to behave in a professional manor in the classroom and in the training room. Students will be expected to attend class, take notes, listen and not talk when the teacher is talking, no listening devices, or calculators will be allowed in class. Cell phones that are observed in class or that go off in class will be confiscated and turned into the office. Proper attire is required, the school dress code will be enforced. Labs will consist of students sitting, laying, kneeling or standing on the tables or the floor. Students will perform many activities that will require bending over and squatting. Students will need to wear appropriate clothing to perform these tasks. Any student dressed inappropriately will be given a shirt or shorts to wear for that class. Inappropriate clothes include, but are not limited to; low cut shirts, low cut short, and skirts. Please wear clothing that will allow you to move around, bend over, kneel, stand or sit on a table.

Student's Name

Parent Signature