**WEDDINGTON HIGH SCHOOL-Sports Medicine II Class Syllabus**

*Teacher(s):* COACH CLAIRE LYERLY

*Blocks:* 1st 8:15-9:43 *Office/Tutoring Hours:* By appointment

*Room #:* G105 (Mrs. Higgins’ room)

*Email:*  claire.lyerly@ucps.k12.nc.us

*Course Description:*  Students will gain a basic understanding of the following aspects of Sports Medicine:

1. Anatomy- muscular and skeletal
2. Sports law- ethical and legal concerns; implementation and documentation
3. Nutrition, physical fitness evaluation and psychosocial interventions for sports
4. Understand, conceptualize, and apply the concepts of anatomy, functional anatomy, kinesiology, and biomechanics as they relate to sports medicine
5. Injuries:
	1. Foot f. chest and abdomen
	2. Ankle/lower leg g. shoulder
	3. Knee h. elbow
	4. Hip i. wrist/hand
	5. Spine j. head

*Grading:*

 Tests- 30%, Projects- 30%, Quizzes- 15%, Daily work- 25%

Tests will be given periodically throughout the semester. There will be a midterm style exam and also a final exam (if not exempt). Classwork and notebooks will also be graded periodically as a Daily Work grade.

*Presentations/Outline:*

During the semester there will be a handful of times that we do some research projects. Students will work with a partner and pick an injury from a collection of injuries given to research. Students will present their topic in front of the class at the conclusion of the research. Each presentation must use visual aids (PowerPoint, Prezi, Canva, etc.) and should last at least 5 minutes given the content required.

\*The presentation must include the following (subject to change with additions)

1. **Common mechanisms of the injury, research the cause of the injury**
2. **Signs and Symptoms of the injury**
3. **Discuss in detail the part of the body that is affected by this injury. Include specific muscles, bones, tendons, ligaments, etc.**
4. **Describe in detail how this injury affects other body systems**
5. **Obtain models/diagrams of the body part that is injured to use in your video.**
6. **Use the proper anatomical language at all times during the presentation**
7. **What would happen to the body if the athlete continued to play with this injury**
8. **Does this injury affect prevalently males or females, why?**
9. **Find a true story relating to the injury that you chose.**

Students will be given some class time to research for this project. Only reliable resources (books, scholarly journals) can be used. Sources must be cited in MLA format.

**YOU CAN NOT USE WIKIPEDIA AS A SOURCE!** \* **The outline will be due on DATE TBA** \***The presentation days will be drawn at random.**

*Observation Hours: \*\*\*THIS MAY NOT HAPPEN THIS YEAR\*\*\**

In order to truly understand what sports medicine is all about, the student is encouraged to perform 10 hours of observation at a Weddington High School Practice or Game. If you are an athlete participating in a fall sport, arrangements will be made for you to observe. If you have problems with transportation, please see me and we will make arrangements for you as best we can. The student is required to keep written documentation of the observation hours which must be signed by Huston Mattson, our Athletic Trainer. **Extra Credit will be given for those who earn observation hours.**

*Attendance:*

Attendance is mandatory. All students are responsible for any work covered in class when they are absent. **If you are unsure what you missed, check canvas, ask, BE YOUR OWN ADVOCATE** *Participation:*

Classroom participation is essential to Sports Medicine Class. Each student is expected to come to class prepared with paper, pencil/pen, colored pencils, text, and a willingness to learn. Students are expected to participate in discussions, group work, and taping lab activities.