**WEDDINGTON HIGH SCHOOL-Sports Medicine III 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](mailto:claire.lyerly@ucps.k12.nc.us)

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

1. Anatomy, Anatomy, Anatomy 10. Advanced injuries to include:
2. Skeletal system advanced a. Knee
3. Muscular system advanced b. Shoulder
4. Circulatory c. Groin
5. Digestive d. Hamstring
6. Respiratory e. Shin splints
7. Nervous 11. Game set up
8. Integumentary 12. Taping
9. Organs of the body 13. Advanced Modalities 14. Pharmaceuticals

*Grading:*

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

Tests will be given periodically throughout the semester. There will be two benchmark exams and also a final exam. Classwork will also be graded periodically.

*Presentation/Outline:* At various times during the semester students will draw an injury at random to research, prepare, and outline. Upon the due date, students will present their topic in front of the class. Each presentation must use visual aids, PowerPoint, Prezi, etc. and should last at least 5 minutes.

**The outline/presentation MUST include the following (subject to change):**

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/spring 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, text, and a willingness to learn. Students are expected to participate in discussions, group work, and any lab activities.

*………………………………………………………………………………………………………………………*

STUDENT FULL NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_