**Fundamentals of Sports Medicine/Athletic Training**

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| Instructor Information | Office Hours |
| *Mr. Michael Methvin, M.Ed., ATC, CSCS*  *Athletic Trainer/Sports Medicine Teacher*  *Classroom 2128/ Athletic Training Room 3144*  *Phone: (520) 625-3502*  *Ext: 1849 for classroom/ 1860 for ATR*  *Michael.methvin@sahuarita.net* | *5th & 6th period & After School*  *Office Hours: By appointments only* |

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| **Welcome to the Fundamentals of**  **Sports Medicine/Athletic Training!** |
| This is my first year at Walden Grove and I am excited to have you all. I just recently  moved from Florida where I worked as an Athletic Trainer and taught at the collegiate level. I hope to bring this experience to Walden Grove and instill a culture of excellence, hard work, pride and respect both in and out of the classroom. This syllabus/expectancy sheet contains what I expect from each of you for the upcoming year. Information included: classroom policies and procedures, course description/objectives and information in regard to the class fee, grades and materials required for the Sports Medicine course.  ***First a few basic rules:***   1. RESPECT – Respect is everything. Respect yourself, respect your classmates, respect your teachers, respect your classroom and have pride in your work. It is all I ask and should be followed at all times in and out of class. 2. Punctuality – be on time. “If you are early you are on time, if you come in exactly on time you are late.” 3. Use time wisely and efficiently 4. No food, drinks without a lid and gum allowed. Drinks must have a screw on cap. 5. No cell phones. Any cell phones out during class, unless otherwise instructed, will result in referral to be processed by the main office. Cell phones may be used as a teaching tool and I will instruct you as to when you are allowed to have phones out for the assignment. |

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| **Course Description:** |
| Introduction to the Fundamentals of Sports Medicine. In this course students will learn the role of an athletic trainer, medical terminology, first aid and CPR, injury management/treatment, recognition & mechanisms of sports injuries, environmental illness, legal liability of the athletic trainer, nutrition/ergogenic aids, and health and wellness. |

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| **Class Website –** [**www.WGSportsmedicine.weebly.com**](http://www.WGSportsmedicine.weebly.com) |

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| **Course Objectives** |
| The following material is covered within Fundamentals of Sports Medicine/Athletic Training 1. Students will demonstrate knowledge of the following through written examinations, laboratory assignments, group projects, and hands on application.   1. Use of anatomical & medical terminology as applied to Healthcare and Sports Medicine 2. Understand professions involved in Sports Medicine and the history of Athletic Training 3. Describe basic concepts of injury management, current practices and technical skills utilized in Sports Medicine 4. Identify anatomical structures, etiology, and pathology of common sports injuries 5. Explain/demonstrate proper sports injury assessment and evaluation procedures 6. Learn standard CPR and First Aid 7. Perform wrapping/taping techniques utilized in Sports Medicine 8. Explain nutritional concepts in regard to weight management, performance, recovery, and special populations 9. Explain and demonstrate health and wellness concepts and general strength and conditioning concepts. |

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| **Positive Consequences** | **Negative Consequences** |
| Note or Call Home  Happier Classroom Environment  Choice of lab work/taping to be practiced the following week | These will be used for any disruptive or disrespectful behavior in class.  1st Offense – Verbal Warning. Possible Lunch Detention  2nd Offense – Personal conference with Mr. Methvin/Write-up  3rd Offense – Parent Phone Call/Detention  4th Offense – Administrative/Parent Conference |
| Note: At any point I reserve the right to be able to skip any of these consequences for any major offense or repeat offenders. Consequences will also be more directly related to the crime | |

*Classroom Policies:*

**Tardies:**

You are expected to be fully inside the classroom and working on the bell work by the time the final bell rings. If you are not in your seat working on your bell work when the bell rings you will be marked as tardy. I will be utilizing the school’s tardy policy

**Rest Room:**

As classroom time is important I expect you to use the rest rooms on the way to class not during. You will not be permitted to use the rest room with the first and last 10 minutes of class or during lectures. You will have 5 rest room passes per quarter. You are required to ask for permission in order to use the rest room. You are required to sign out and take the rest room pass BEFORE you leave the room. Only one student will be allowed to leave the classroom at a time.

**Participation:**

Everyone is expected to participate within this classroom. This includes demonstrations, group work, answering questions, participating in group discussion, lap work or anything else that is expected of you. The best way to learn is by interaction with one another. Please dress appropriately for lab days as there will be hands on application and application of specific techniques. You will be given proper notification to prepare beforehand.

**Class Dismissal:**

Mr. Methvin dismisses class not he bell. The class will only be dismissed once the classroom is in order, Mr. Methvin is finished speaking, and all students are in their seats. I will let you know when you are able to pack your bags. You are free to leave when Mr. Methvin tells you specifically that you are dismissed.

**Absences:**

It is extremely important that you are able to attend every class period. If you are absent you will be missing out on lab work, lectures, and instruction on important subjects in great detail. If you are absent it is **YOUR RESPONSIBILITY** to make up any missed work. Mr. Methvin will not chase you down. You will have one extra day for each day that you were absent to complete class work before it is considered late. This does not apply to projects unless specifically discussed and agreed upon with Mr. Methvin prior to the due date. At 10 absences students will receive an “NG” (no grade). Students must go through an appeal to receive credit.

**Late Work Policy:**

You will be given specific due dates for all your projects and class work. Assignments must be turn in on the due date unless prior arrangement are made with Mr. Methvin and approved by Mr. Methvin. If you are unable to turn in your work in by the designated date you will lose 10% for every day the assignment is late. Late assignments will not be accepted 5 class periods after the due date. I reserve the right to deal with any late assignments in case by case basis if I deem necessary.

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| **Bell Work**  Every class period will be bell work written or projected on the board. You need to begin your bell work as soon as you are seated. If you fail to start your bell work on time you will fail to receive a stamp on your work and points for that day. Points will then be deducted from your weekly bell work grade. You will turn in your bell work at the end of each week. **If you are absent you are required to get the bell work question from a fellow classmate** | **Equipment**  You are required to take care of all equipment, lab tables and textbooks brought into the classroom. Additional equipment will be brought in per lessons and must also be taken care of. Students are liable for repair costs and loss of equipment due to persona negligence. Mr. Methvin reserves the right to revoke any one’s equipment privileges at any time.  **Testbook:**  Cartwright, L. A., & Pitney, W. A. (2011). *Fundamentals of Athletic Training* (3rd ed.). Champaign, IL: Human Kinetics. |
| **Materials**  3 Ring Binder (Sectioned/Divided)  Pencils  Blue/black Ink Pens  Athletic Attire when required  Notebook Requirements:   * Table of contents * Syllabus * Class notes * Class handouts * Lab work completion sheets * Tests/Quizzes * Assignment Sheets | **Grades**  Semester grades are determined by the following weights:  Quarter 1/3 40% - Quarter 2/4 40% - Semester Final 20%  Bellwork – 10pts/week  Quizzess – 20pts/ea  Written Exams – 100pts/ea  Labwork – 20pts/ea  Oral Exam – 40pts/ea  Class notebook – 20pts/quarter  Athletic Training Room Observation – 10pts/ea (required to observe 2 games and help cover 5 practices per semester) |
| **Class Fee**  There is a class fee of $20 for the year for this class. The fee covers supplies and maintenance of equipment. The class fee is due August 22nd. The fee is to be paid to the front office | **Tips on Being a Successful Sports Medicine Professional**   1. Positive attitude and personable persona    1. **Be approachable** 2. Empathy and sympathy    1. Understand how the athlete feels 3. Intellectual curiosity (spend time on research) 4. Remain calm and be decisive. Do not panic 5. Do not be afraid to be wrong. Show confidence in your ability. Learning from your mistakes will only make you better. |

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read the entire syllabus/expectancy sheet and agree to the class expectations. If I’ve had any confusion or questions, they have been answered. By signing below I agree to the class expectations.

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_

Turn in this parent signature form for 10 extra credit points