**Sports Medicine 1**

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**Course Description:**

Sports Medicine is designed for students interested in fields such as athletic training, physical therapy, medicine, fitness, physiology of exercise, kinesiology, nutrition, and other sports medicine related fields.

**Course Topics:**

1. Introduction to Athletic Training
2. Terminology
3. Basic First aid/CPR
4. Fitness Assignment
5. Nutrition
6. Skeletal System
7. Muscular System
8. Injuries
9. Fitness Training
10. Sports Psychology
11. The Athletic Training Room

**Required Materials:**

* Binder
* Notebook Paper
* Writing Utensil
* Spiral Notebook

**Class Rules:**
**1.**Bring required materials to class every day.
**2.**Start Warm-Up immediately
**3.**Cell phones, IPods, hats, sunglasses must be **OFF** and **OUT of SIGHT**
**4.**No Food or Drinks Allowed
**5.**Listen and Stay in Your Seats during instruction.
**6.     Treat everyone with Respect**

**Consequences:**
1.     Verbal Warning
2.     Verbal Warning + Classroom Modification (seat change) Phone call or email to parent or guardian
3.     Class dismissal + referral + phone call or email to parent or guardian

**Grading:**

Grades will be based on completed assignments, labs, projects, daily work, quizzes and tests. There will be an exam at the end of each unit.

**Grading Scale:**

**A 100-93**

**B 92-85**

**C 84-77**

**D 76-70**

**F 70 and Below**

**Assignments:**

Assignments will include but not limited to the following class work, quizzes, test, labs, and projects.

**Literacy Aspect:**

Students will become pin pals with a 5th grade class at Oakdale Elementary Schools. This is required and is a major portion of your grade. Each month you will write your pin pal and at the end of the semester we will have a get together with those students so you can meet them. Please take this seriously; these students are the future of West Meck and look up to you as individuals/students. **Grade 50 points a writing assignment.**

**Make-Up Assignments:**
All work not turn in may be made up until the end of the semester at the desire of the student. It is not the responsibility of the teacher to get your work to you; it is not your teacher’s grade.

**Test Make-Ups**
Student can make up tests by scheduling a time with the teacher. Students with extenuating circumstances must meet with me at the end of class to discuss alternate arrangements. There are some class days that you will be able to make up test during class time.

**Extra Credit**
Opportunities for extra credit will be provided throughout the semester.  It is the student’s responsibility to take advantage of these opportunities as they present themselves. Extra Credit will not be offered at the end of the quarter or semester to improve grades under any circumstances.

**Student Help & Parent Contact**
It will be the student’s responsibility to seek additional help if they are having difficulties. Every effort will be made to notify parents--via letter sent home with student, e-mail, postal mail, and/or phone--when there is a consistent change in the quality of a student’s work, or when absences are affecting performance.