

# Timeline for Sportsmedicine 1

			Quarter 1				Quarter 2			
25-Aug	T	1	<i>Class Introduction</i>			2-Nov	M 47			
26-Aug	W	2	<b>Unit 1</b> Emergency Management/Life Saving Skills	3-Nov	T	48	<b>Unit 5</b> Injury Assessment/Basic Foundations			
27-Aug	Th	3		4-Nov	W	49				
28-Aug	F	4		5-Nov	Th	50				
31-Aug	M	5		6-Nov	F	51				
1-Sep	T	6		9-Nov	M	52				
2-Sep	W	7		10-Nov	T	53				
3-Sep	Th	8		11-Nov	W			Holiday		
4-Sep	F	9		12-Nov	Th	54		<b>Test 5</b>		
7-Sep	M			Holiday					13-Nov	F 55
8-Sep	T	10		16-Nov	M	56			<b>Unit 6</b> Injury Management	
9-Sep	W	11	17-Nov	T	57					
10-Sep	Th	12	18-Nov	W	58					
11-Sep	F	13	19-Nov	Th	59					
14-Sep	M	14	<b>Test 1</b> Written and Skill Tests			20-Nov	F 60			
15-Sep	T	15	<b>Unit 2</b> Organization and Administration	23-Nov	M	61	<b>Unit 7</b> Injury Management			
16-Sep	W	16		24-Nov	T	62				
17-Sep	Th	17		30-Nov	M	63				
18-Sep	F	18		1-Dec	T	64				
21-Sep	M	19		2-Dec	W	65				
22-Sep	T	20		3-Dec	Th	66				
23-Sep	W	21		<i>Early Release</i>				4-Dec	F 67	
24-Sep	Th	22		7-Dec	M	68				
25-Sep	F	23		8-Dec	T	69				
28-Sep	M			<i>Teacher Workday</i>				9-Dec	W 70	
29-Sep	T	24	10-Dec	Th	71	<b>Test 6</b>				
30-Sep	W	25	<b>Test 2</b>			11-Dec	F 72			
1-Oct	Th	26	<b>Unit 3</b> Injury Prevention	14-Dec	M	73	<b>Unit 7</b> Injury Management			
2-Oct	F	27		15-Dec	T	74				
5-Oct	M	28		16-Dec	W	75				
6-Oct	T	29		17-Dec	Th	76				
7-Oct	W	30		18-Dec	F	77				
8-Oct	Th	31		4-Jan	M	78				
9-Oct	F	32		5-Jan	T	79				
12-Oct	M	33		6-Jan	W	80				
13-Oct	T	34		7-Jan	Th	81				
14-Oct	W	35		<b>Test 3</b>				8-Jan	F 82	
15-Oct	Th	36	<b>Unit 4</b> Injury Prevention	11-Jan	M	83	<b>Test 7</b>			
16-Oct	F	37		12-Jan	T	84				
19-Oct	M	38		13-Jan	W	85				
20-Oct	T	39		14-Jan	Th	86		Review Day		
21-Oct	W	40		<i>Early Release</i>				15-Jan	F 87	Exam
22-Oct	Th	41		18-Jan	M			Holiday		
23-Oct	F	42		19-Jan	T	88		Exam		
26-Oct	M	43		20-Jan	W	89		Exam		
27-Oct	T	44		21-Jan	Th	90		Exam		
28-Oct	W	45		<b>Test 4</b>				22-Jan	F 91	Exam make-up
29-Oct	Th	46								

## Sportsmedicine 1 Letter to Parents

Teacher: Mr. Kliewer  
Phone: 387-3029  
Email: mkliewer@wcpss.net

### **COURSE DESCRIPTION:**

#### ***Non After School Help***

This course is directed towards all 10th through 12th graders with a keen interest in the field of Sportsmedicine. No "outside of class" athletic training is required. Students will gain an understanding of basic prevention and fundamentals of athletic injuries. The intent of this course is to give the student enough insight into the Athletic Training Profession for the purpose of deciding on whether or not to pursue a career in the field of Sportsmedicine.

#### ***After School Help***

This course is directed towards individuals who are interested in an Allied Health Science Profession, i.e. Physical Therapy, Athletic Training, Doctor, or Nurse. "Hands on experiences" will be gained through after school student athletic training. The student will learn extensive treatment, prevention, and rehabilitation techniques in athletic injuries as well as organization and administration duties in the field of sportsmedicine. Examples of such include advanced taping techniques, injury evaluations, and sportsmedicine facility/program structuring. **Students will be required to work with athletic teams throughout the course of the school year. These students are also required to sign up for Sportsmedicine 2.**

### **COURSE GRADING:**

#### ***Category***

**TESTS (WRITTEN & SKILLS)=50%**

**QUIZZES, HOMEWORK ASSIGNMENTS, Other=50%**

#### ***Category***

**TESTS (WRITTEN & SKILLS)=45%**

**SPORT ASSIGNMENT=35%**

**QUIZZES, HOMEWORK ASSIGNMENTS, Other=20%**

### **CLASS RULES:**

1. All iPods, cellular phones, and cd players are to be in the off position or they will be confiscated and the teacher will follow school policy.
2. All food and drinks are strictly prohibited!
3. Be respectful of others.
4. Avoid any adversary or inflammatory remarks.
5. Take care of personal needs before and after class. Permission will not be granted to leave the classroom.
6. During class discussions raise your hand to be recognized.
7. You are required to bring a writing utensil, composition book, and your textbook (when applicable) to class everyday.
8. For make-up work and missed assignments you need to see Mr. Kliewer.
9. Late work will not be accepted!!
10. Treat the other people in class as you would like to be treated.

### **COURSE OUTLINE:**

- I. Emergency Management/Life Saving Skills
- II. Organization and Administration
- III. Injury Prevention
- IV. Injury Prevention
- V. Injury Assessment/Basic Foundations
- VI. Injury Management
- VII. Injury Management

**Course Topics**

<b>Course Topics</b>		<i>Sports Medicine 1 Grade breakdown for NON-AFTER school help</i>	<i>Sports Medicine 1 Grade breakdown for AFTER school help</i>
	<i>Class Introduction</i>		
Unit 1	Emergency Management/Life Saving Skills	Test 1	Test 1
Unit 2	Organization and Administration	Test 2	Test 2
Unit 3	Injury Prevention	Test 3	Test 3
Unit 4	Injury Prevention	Test 4	Test 4
Unit 5	Injury Assessment/Basic Foundations	Test 5	Test 5
Unit 6	Injury Management	Test 6	Test 6
Unit 7	Injury Management	Test 7	Test 7
Projects	Body Project Facility Project <b>PICK 2!!!!</b> Protective Sports Equipment Project	2 projects	2 projects
Quizzes	Quizzes-at least one quiz per unit *Quizzes can be open book and will only cover material already talked about in class.	At least 7 quizzes	At least 7 quizzes
Miscell.	Sport Assignments	N/A	<i>Sport assignment average counts as 35% of final average</i>
		<b><i>Course Description</i></b>	<b><i>Course Description</i></b>
<p><b><u>Grading breakdown:</u></b>  <b>Non after school help-</b>            Tests/Projects=50%            All other assignments=50%</p> <p><b>After school help-</b>            Tests/Projects=45%            Sport Assignment=35%            All other assignments=20%</p>		<p>This course is directed towards all 10th through 12th graders with a keen interest in the field of Sportsmedicine. No “outside of class” athletic training is required. Students will gain an understanding of basic prevention and fundamentals of athletic injuries. The intent of this course is to give the student enough insight into the Athletic Training Profession for the purpose of deciding on whether or not to pursue a career in the field of Sportsmedicine.</p>	<p>This course is directed towards individuals who are interested in an Allied Health Science Profession, i.e. Physical Therapy, Athletic Training, Doctor, or Nurse. “Hands on experiences” will be gained through after school student athletic training. The student will learn extensive treatment, prevention, and rehabilitation techniques in athletic injuries as well as organization and administration duties in the field of sportsmedicine. Examples of such include advanced taping techniques, injury evaluations, and sportsmedicine facility/program structuring. <b>Students will be required to work with athletic teams throughout the course of the school year. These students are also required to sign up for Sportsmedicine 2.</b></p>