

# WENATCHEE HIGH SCHOOL CLASS EXPECTATIONS

## For Sports Medicine/Sports Medicine Practicum

**Teacher** *Dale Blair, MS, ATC, CSCS*

### Out of Class Help

Students needing help with assignments can find me in my office in the Athletic Treatment Center 7:30-8:15. Parents and students can contact me via email at [blair.d@mail.wsd.wednet.edu](mailto:blair.d@mail.wsd.wednet.edu). My school number is 663-8117, ext. 605

### Grading

A	92-100%	C+	78-79%
A-	90-91%	C	72-77%
B+	88-89%	C-	70-71%
B	82-87%	D+	68-69%
B-	80-81%	D	60-67%

**Any grade below 60% will receive a failing grade.**

The grade will be based on the total points of all assignments, papers, employability/leadership skills quizzes, and tests.

**Employability and Leadership Skills-** Sports Medicine students will complete the employability and leadership sequence of skills for career and technical education.

### Attendance

Report to class on time. If you arrive less than 10 minutes late, you are tardy. After 10 minutes, you are considered absent. Absences are considered unexcused until they have been cleared. Absences can be cleared with a phone call from a parent, e-mail from parent, or a written note from the parent. Clearing absences must be done within 48 hours. Report with note to the Attendance Office before school, passing times, during break, lunch or after school. **DO NOT REPORT DURING CLASS TIME!!!**

**Note:**

1. Four tardies = One unexcused absence.
2. If a student receives 6 unexcused absences in any particular class they may receive a reduced schedule and credit loss.
3. Any student with 3 or more full day unexcused absences will be referred to the District Truancy Officer.

Level of Intervention	Consequence	Failure To Complete Consequence	Failure To Complete Consequence
1	<b>1 hour of detention</b>	<b>Saturday School</b>	<b>**OPC</b>
2	<b>1 hour of detention</b>	<b>Saturday School</b>	<b>**OPC or 2 day *STS</b>
3	<b>1 hour of detention</b>	<b>Saturday School</b>	<b>**OPC or 2 day *STS</b>
4	<b>3 hour Saturday School (8a.m.-11a.m.)</b>	<b>**OPC or 2 day *STS</b>	
5	<b>**OPC or 2 day *STS</b>		

6	Saturday School will be assigned for each additional unexcused absence or 4 tardies! <b>However, if a student has 6 or more unexcused absences in one class they may receive a reduced schedule and credit loss</b>	<b>3 day *STS</b>	
---	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------	--

**Definitions & Details:**

**\*\*OPC** = Student is out of school until a Parent Conference is held with a school administrator.

**\*STS** = Short Term Suspension

- 1.) Parent Conference                      2.) Agreement signed between parent, student and administration

**Attention!** Once a student has had a Parent Conference (OPC) at any level of intervention they will not require another one unless the parent requests one to discuss the situation. However, the student will still receive the 2 or 3 day suspension.

**Failure to Work Policy**

- First Concern:     Teacher will visit with student about concern.
- Second Concern:  Teacher will notify parent.
- Third Concern:    Teacher will notify counselor.
- Fourth Concern:   Teacher will notify administration. Student will be removed until a parent conference takes place and a contract is made.
- Fifth Concern:     Student may be removed from class with loss of credit and reduced schedule.

**Late Assignments Policy**

Late assignments will be discounted at 50% for the first week following the due date. No assignments will be accepted beyond one week late.

**Classroom Procedures and Expectations**

- If you miss an assignment or test, it is YOUR responsibility to make up missed work. **You have one day for every day of excused absence to make up missed assignments and tests (no make up for unexcused absences).** See Mr. Blair between classes or before school on your return to school to arrange to make-up assignments and tests.
- All students will bring ALL necessary materials with them to class. **NO HALL PASSES TO GET FORGOTTEN MATERIALS OR HOMEWORK.**
- All students will respect the rights of other students to learn. Continual talking and/or class disruption will not be tolerated.
- No cell phones or mp3 players (iPods) during class time.
- All students will make improvement and show growth. You are required to give an honest effort in class.
- All students are required to keep track of their grade on a regular basis. It is your responsibility to know where you stand at all times. Your grades are available on-line at <http://whs.wsd.wednet.edu> -then click on Departments, then click on Sports Medicine, then click on Mr.Blair’s Grades. Enter your last name and your password is your six digit student number.

## **Materials**

*BOOK: Fundamentals of Sports Injury Management , 2nd edition (2003)- Marcia K. Anderson*  
Instructor's handouts and materials

## **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. The first year includes class work and practical hands-on application in the following areas: prevention, treatment, and rehabilitation of sports injuries, taping and wrapping of injuries, first aid/CPR, emergency procedures, and sports medicine careers. The second year of program expands on the areas covered in Sports Medicine I and also covers nutrition, sports psychology, rehabilitation, therapeutic modalities, and fitness/conditioning/strength programs. The both courses offer practical experiences with local sports medicine specialists. The Sports Medicine course is designed to be taken in conjunction with the Sports Medicine Practicum (expanded practical experience). The course is open to sophomores, juniors, and seniors. The full year class can satisfy one semester (.5 credit) in science. The remaining credits can satisfy vocational requirements and/or electives.

## **WHS-WVC Tech Prep Program**

Any student completing the **Sports Medicine I or II** course and **Sports Medicine Practicum** can receive college credits from Wenatchee Valley College. One year of Sports Medicine meets the requires for **Athletic Training II (PEH 287) - 5 college credits.**

## **Sports Medicine Practicum Information and Guidelines**

Students enrolled in the Sports Medicine Practicum must:

1. Average a minimum of 5 hours per week (90 hours per semester) including all assigned athletic practices and events. The student can use a flexible schedule in obtaining their practicum hours.
2. Be evaluated at least one time per quarter. This evaluation will include a conference with the instructor to discuss the evaluation.
3. Prearrange all absences and tardies with the instructor. **Students will be responsible finding a substitute to cover their assigned duties.**
4. Represent Wenatchee High School in an appropriate manner at all contests or events.
5. Cooperate and display a proper attitude with the instructor, coaches, athletes, and other sports medicine students at all times. Cooperation with head athletic trainer, coaches, athletes, and other sports medicine students at all times is a must.
6. Properly take care of all sports medicine equipment.
7. Help enforce Athletic Treatment Center policies and procedures and share equally in completing jobs on "vital signs" list.
8. Have a regular, but flexible schedule and will be expected to cover all assigned practices and games (both home and away).
9. Know the hours you are to work be on time! The sports medicine staff and athletes are counting on you!

10. Perform the following duties of treatment, taping, and rehabilitation of athletic injuries, keeping injury records, maintaining supplies/stocking medical kits, and help to keep the Athletic Treatment Center clean.
11. Get sports medicine equipment ready for games and clean up after games and practices. Also provide aid in loading and unloading sports medicine equipment for away games
12. Be a professional when traveling with athletic teams. Remember, you will create Wenatchee High School's program image. Visiting teams and local fans will judge your appearance and actions, so give them your best example.
13. Be neat and professional-looking. Wear either your staff shirt or other *nice* shirt and pants free of holes (no preferably no jeans or hats for indoor events). WHS dress code and sports medicine "common sense" dress code will be in effect at all time.
14. Practice utmost care must be made to avoid any comprising situations in treating athletes when traveling or working with a team of the opposite gender Also when traveling, sit near the front of bus/van with or near coaches.
15. Have the same standards as athletes. You have signed an activity contract explaining what is expected of you. Any sports medicine student not following these guidelines will be disciplined according to the procedures in the athletic/activity code.
16. Keep all medical information regarding athletes will be held in strict confidence (see confidentiality agreement).

## **SPORTS MEDICINE I**

### **INTRODUCTION TO SPORTS MEDICINE (4 periods)**

- Identify the essential components of an effective sports medicine program.
- Identify personal characteristics of sports medicine practitioners
- Define medical terminology and abbreviations (throughout year)
- Basic injury treatment and taping procedures

### **ATHLETIC TREATMENT CENTER PROTOCOLS (6)**

- Describe and demonstrate Athletic Treatment Center operational protocols (record keeping, inventory, budgeting)
- Identify and describe how blood-borne pathogens are transmitted, universal precautions , and disposal of hazardous wastes and sanitation.
- Describe and demonstrate the functions and uses of various sports medicine supplies and equipment.

### **EMERGENCY PROCEDURES (29)**

- Demonstrate the proper procedure in providing cardiopulmonary resuscitation. (AMERICAN RED CROSS CERTIFICATION IN BOTH CPR AND FIRST AID.)
- Describe and demonstrate various first aid procedures (splinting, bleeding control, etc.)
- Demonstrate the procedures in obtaining vital signs of an injured person.
- Identify the steps to take in planning for athletic emergencies.
- Demonstrate the function of the emergency equipment necessary for handling athletic emergencies.

- Describe and demonstrate the anatomical basis, specific evaluative procedures, preventive exercises/techniques, and treatment techniques for head and cervical spine injuries.
- Describe and demonstrate how to recognize and treat environmental illness (heat stroke, heat exhaustion, hypothermia).

## **ATHLETIC INJURIES: EVALUATION, TREATMENT, AND TAPING/WRAPPING PROCEDURES (4)**

- Describe how the human body reacts to injury.
- Identify the differences between acute and chronic injuries.
- Identify different types of sports injuries.
- Perform an injury evaluation using the HOPS procedure
- Describe and demonstrate basic treatment procedures for sports injuries (RICES).
- Identify the basic procedures and supplies needed for athletic taping and wrapping.

## **SPECIFIC SPORTS INJURIES**

- Describe and demonstrate the *anatomical basis, preventive exercises, specific evaluative procedures, treatment techniques, and specific taping and wrapping procedures* for:

- 1. FOOT/ANKLE/LOWER LEG INJURIES (27)**
  - 2. KNEE/THIGH INJURIES (20)**
- End of First Semester*
- 3. TRUNK INJURIES (Hip/Spine/Rib) (10)**
  - 4. INTERNAL INJURIES (Abdominal/Thoracic) (9)**
  - 5. SHOULDER INJURIES (14)**
  - 6. ELBOW/WRIST/HAND INJURIES (11)**

## **MISC. BODY SYSTEMS/ILLNESSES/WVSMA REVIEW**

- Review of information already presented in course (7)
- Overview of information not presented in Sports Medicine I to prepare students for competition (9)
- Final testing (oral practical and written) (8)

## **FIELD EXPERIENCE IN SPORTS MEDICINE (2)**

- Observe procedures and assist in the following sports medicine settings:
  - Athletic training (high school, college, clinical)
  - Physical therapy (outpatient, inpatient, sports medicine)
  - Medicine(Specialities including: orthopedics, pediatrics, family practice, ophthalmology, otolaryngology, radiology, pathology, and others by request)
  - Fitness (fitness centers, health clubs, etc.)
  - Emergency medicine (emergency room, ambulance)
  - Anatomy (observe autopsies by county coroner)
  - Chiropractic
  - Other specialities by request

## **EMPLOYABILITY AND LEADERSHIP SKILLS/CAREERS, PROFESSIONAL PREPARATION AND ISSUES (12)**

- List and describe the various career options, including educational requirements in the sports medicine field.
- List and describe the professional organizations and associations of various sports medical professions.
- Demonstrate leadership abilities in the field of sports medicine through work with the Washington Vocational Sports Medicine Association and Wenatchee High School student government
- Demonstrate job search methods in the health care field
- Demonstrate how to write an effective resume
- Demonstrates composure and effective communication skills in a mock job interview.
- List and describe the several issues relating to various sports medicine professions and how these issues impact each profession. •
- Develop a sports medicine portfolio that includes a resume, cover letter, a listing of school and sports medicine experiences, self-reflections, and other items. This may also include an electronic portfolio on CD-ROM.

## **SPORTS MEDICINE II/III**

Students in Sports Medicine II/III will set up an individualized curriculum of study. This will include:

- Reviewing key parts of the curriculum,
- Helping teach and serving as a lab assistant,
- Additional field experiences,
- Case study preparation,
- Study for state competition
- Other projects as cooperatively determined by the student and instructor.