

# Hawthorne Academy High School

## Sports Medicine 1

**Teacher:** Lindsey M. Smith

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**Office Hours:** Monday and Tuesday from 2:15-3:15 or by appointment

**Weebly:** <http://lindseymsmith.weebly.com/>

### PURPOSE OF THE COURSE:

The course is designed to introduce students to Sports Medicine and Athletic Training by recognizing the roles and responsibilities associated with Athletic Training and various Sports Medicine careers.

### COURSE OBJECTIVES:

At the end of the course the student will be able to:

1. Explain the professions associated with Sports Medicine.
2. Present knowledge in the legal aspects of Sports Medicine and Athletic Training.
3. Present knowledge in the recognition of emergencies/basic athletic injuries and ways to provide initial care for these injuries.
4. Present knowledge in the prevention of athletic injuries.
5. Define and properly use anatomical and medical terminology

### COURSE UNITS & SCHEDULE:

Week	Topic
Week 1, 2, & 3	Professional & Admin Aspects of Athletic Training
Week 4 & 5	Introduction to Anatomy & Anatomical Terminology
Week 6 & 7	Basic Tissue Injuries & Injury Prevention
Week 8	Review for Midterm
Week 9	Midterm & Providing Emergency Care
Week 10	Providing Emergency Care
Week 11 & 12	Other Athlete Conditions & Concerns
Week 13 & 14	Communicable Diseases
Week 15	Common Drugs used in Athletics
Week 16 & 17	Athletic Training Room Project
Week 18	Review for Final Exam & Final Exam

### MATERIALS NEEDED:

1 inch three ring binder or a spiral notebook

Color Pencils

### EXPECTATIONS:

1. Come to class prepared and ready to learn
2. Respect yourself, others, and your surroundings
3. Follow directions and actively engage in class

### CONSEQUENCES

1. Verbal warning
2. Separation/Student Conference (parent call)
3. Parent Conference
4. Referral/ Intervention team referral if necessary

### ATTENDANCE & PUNCTUALITY:

Students are expected to be in class every day. More than 10 absences for the semester could result in failing the class. If absent, it is expected that a student request notes and assignments the day of return.

### LATE WORK/MAKE UP POLICY:

#### Make Up Work:

A Student who misses homework assignments or other assignments or due dates because of absences, whether excused or unexcused, will be allowed to make up the work. Arrangements for completing the work should be made within five (5) school days of the date of the student's return to school and include a schedule for completion of the work. Students must initiate the contact with the teacher.

**Late work:**

1. Homework and other assignments will be accepted, even if turned in after the designated date.
2. Students will receive an initial score of zero (0) for an assignment or assessment on which he/she made no attempt or which is missing.
3. Credit for late work shall be awarded according to the following guidelines:
  - a. If the student was present in class on the due date, the work will be penalize 20 points.
  - b. If the student was not present in class on the due date because of an excused absence, full credit will be given for the completed work.
  - c. If the student was present in class on the due date because of an unexcused absence, the work will be penalized 20 points.

**COMMUNICATION:**

Students can contact me by email or in person throughout the school day. The best way for parents to contact me is by email. Periodically, I will send home parent homework and/or homework that is to be complete by both the parent and student.

**CELL PHONES, COMPUTERS, AND OTHER ELECTRONIC DEVICES:**

Cell phones, personal computers, and other electronic devices will only be used in class with teacher approval. All students will have access to the school computers and iPad. For students with academic accommodation, please contact me to discuss regular use of personal technology in class to enhance academic performance.

**FOOD & DRINK:**

Hawthorne Academy has a no food or drink policy in class with the exception of bottled water.

**GRADING FOR YEAR LONG CLASS:**

First Semester Health (40%)

- Quarter 1 (40%)
  - 70% Formal Grades: Tests, Projects, Quizzes
  - 30% Informal Grades: Classwork assignments, homework
- Quarter 2 (40%)
  - 70% Formal Grades: Tests, Projects, Quizzes
  - 30% Informal Grades: Classwork assignments, homework
- Midterm (20%)

Second Semester PE (40%)

- Quarter 3 (50%)
  - 70% Formal Grades: Weekly average, Projects
  - 30% Informal Grades: Daily participation grades
- Quarter 2 (50%)
  - 70% Formal Grades: Weekly average, Projects
  - 30% Informal Grades: Daily participation grades

Final Exam (20%)

**FAILURE IS NOT AN OPTION- RETEST POLICY:**

If a student scores below 79 on a test, he or she must be given the option to retake a test with a qualifier. A qualifier is a clause in the policy that must be met before the student is able to retest. In order to qualify to retake the exam, the student must turn in all homework assignments within the unit and complete 60 minutes of tutoring with the teacher either during lunch or after school. Students who retest will receive the average (mean) of the 1st (original score) and the 2nd (retest score). The original score shall never go below a 50 (F). This will give the student the opportunity to make improvements.

**ACADEMIC DISHONESTLY:**

Academic integrity is fundamental to the activities and principles of Hawthorne Academy of Health Sciences. Any effort to gain an advantage not given to all students is dishonest whether or not the effort is successful. Sanctions for academic dishonesty may include academic sanctions from the instructor, including failing the assessment or course for any violation, to disciplinary sanctions from the school. When in doubt about plagiarism, paraphrasing, quoting, collaboration, or any other form of cheating, consult the course instructor.

**I have read and understood the information outlined in the Health Education syllabus.**

Name of Student \_\_\_\_\_ Signature of student \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent \_\_\_\_\_ Date \_\_\_\_\_

Parent's best contact phone number \_\_\_\_\_ Parent's email \_\_\_\_\_