

Hawthorne Academy High School

Sports Medicine 2

Teacher: Lindsey M. Smith

Email: lindseym.smith@cms.k12.nc.us

Phone: 980-343-6011

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 target students who have a desire to pursue a career in the fields of Athletic Training, Physical Therapy, Medicine, Fitness, Exercise Physiology/Exercise Science, Kinesiology and Nutrition. This course is to build on concepts learned in Sports Medicine 1, by providing an overview of the measures for recognition, assessment and evaluation of athletic related injuries. Students must complete the following prerequisites for Sports Medicine 2 which include; Sports Medicine 1 and Health & Physical Education.

COURSE OBJECTIVES:

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

1. Translate a HOPS evaluation into a SOAP note.
2. Assess the body's response to injury.
3. Differentiate between assessment, diagnosis, and evaluation of an injury.
4. Describe various advanced diagnostic tools used in sports medicine.
5. Examine common sports related injuries to the lower extremities.
6. Examine common sports related injuries to the upper extremities.

COURSE UNITS & SCHEDULE:

Week	Topic
Week 1 & 2	Review Anatomy and Anatomical Terminology
Week 3 & 4	Evaluation & Assessment of Injuries/ SOAP Notes
Week 5	Documentation/ SOAP Notes/ Paperwork
Week 6 & 7	Body's Response to Injury / Heat vs. Cold Therapy
Week 8	Review for Midterm
Week 9	Midterm & Anatomy of the Lower Extremity
Week 10 & 11	Anatomy of the Lower Extremity
Week 12	Common Injuries to Lower Extremity
Week 13 & 14	Anatomy of the Upper Extremity
Week 15	Common Injuries to Upper Extremity
Week 16	Anatomy of the Spine
Week 17	Common Injuries to the Spine
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.

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 (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 (40%)

Quarter 3 (50%)	70% Formal Grades: Tests, Projects, Quizzes 30% Informal Grades: Classwork assignments, homework
Quarter 4 (50%)	70% Formal Grades: Tests, Projects, Quizzes 30% Informal Grades: Classwork assignments, homework 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 _____