



Sports Medicine

Vista del Lago High School

Mrs. Lisa Johnson

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Introduction to the Course:

Students will learn how the body systems function and interact through physical activity, and develop a thorough understanding of the musculoskeletal system. Students will include care and prevention of injuries, protective wrapping techniques, stretching methods, and overall wellness. This knowledge will serve as a baseline for understanding the physiological response to injury and improving performance. This course provides a strong academic foundation for students interested in pursuing majors in sports medicine, pre-medical, pre-dental, or a variety of allied health programs at the university level.

Learning Expectations

Students will be expected to increase their awareness of what the field of Sports Medicine has to offer. By the end of the course, students will be expected to use this knowledge in real life situations in the future.



Curriculum:

Units of Instruction:

- Unit 1: An Introduction to Careers**
- Unit 2: Fitness Instruction**
- Unit 3: Emergency Plan**
- Unit 5: Injuries to the Body**
- Unit 6: Rehabilitation**

(A) (B) (C) (D)

Grades

Grades will be calculated in PowerSchool. Formative work will make up 30% of the overall grade, and summative work will make up 70%.

- **Formative Assessments** (Assessments *for* Learning) include: Quizzes, exit tickets, participation, etc).
- **Summative Assessments** (Assessments *of* Learning) include: Tests, projects, presentations, etc).

Extra Credit

No extra credit will be accepted. Students are expected to complete all of the assignments designed for the course.

Citizenship Grade

The citizenship grade is measured by your ability and willingness to follow the policies of this class. Courtesy, cooperation, and respect towards those stakeholders involved are required. The policies reflect this and the standards conducive to an orderly, productive classroom environment. Therefore, the following will be used to determine your citizenship grade: attendance and class contribution, following directions, obeying rules, and attitude toward me, fellow classmates, and substitutes.

Late Work & Make-Up Work

All tests, projects, and minor assignments are due upon returning from an absence. The only exceptions will be those assignments GIVEN during the absence. These will be due two days after your return unless designed to be completed over several days. It is the responsibility of the student to inquire about any and all missed work and to make the necessary arrangements for its completion. If tests/quizzes/assignments are not made up within a week of return (or an arrangement by the student with the teacher), the student will receive a "0" on that test/quiz.

Important Information

When and where will assignments be posted?	The easiest way to navigate Classroom is by clicking on the "Classwork" tab instead of the "Stream." This is the best place to reference your daily assignments. Please check Classroom often. *Organization is a key component of any successful learning experience.
When will our class meet?	Our class will meet in Room H104
What role does participation play in this course?	Participation in this course is very important, as not only will you have the opportunity to receive real-time feedback from me, you will engage with your peers in critical discussions about content and skills. You will also earn listening and speaking grades for these discussions, so be sure to come to class on time and engage the entire time.
How will we communicate, and what are those expectations?	Classroom The best way to communicate with me is in person. Otherwise you may communicate via email. Please use the following phrasing in the subject line of the email: "First, last name & block number." That will help me filter through my emails much more easily.
What tech tools will help me be successful in this course?	We will primarily use Google Classroom. Please note, all assignments will be submitted in Classroom.

Links to School Policies/Info

- [Attendance Policy](#)
- [Tardy Policy](#)
- [Academic Dishonesty](#)
- [Electronic Devices/Technology](#) (pg. 21)
- [Citizenship Rubric](#)

My Teaching Schedule

Room H104

- Block 1: Sports Medicine
- Block 2: Introduction to Kinesiology
- Advisory (M); FlexTime (T-F)
- Block 3: Introduction to Kinesiology
- Block 4: Prep

Please feel free to reach out to me if you have any questions: It is easiest to reach me via [email](#);