

**VALENCIA HIGH SCHOOL**  
**INTRODUCTION TO SPORTS MEDICINE**

**Mr. Monteleone**

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**(661) 294-1188 ext. 707**

**Course Description:** This class is designed to introduce the basic sports medicine concepts:

- ✓ Prevention of athletic injuries
- ✓ Recognition, evaluation and immediate care of athletic injuries
- ✓ Rehabilitation and reconditioning and professional development and responsibility
- ✓ Emphasis will be placed upon vocational skills and experiences required in allied health professions. Students have an opportunity to use their skills/knowledge in real world situations.

**Textbook - Concepts of Athletic Training:** 4<sup>th</sup> Edition – Ronald P. Pfeiffer & Brent C. Mangus

Internet Resources.

1. [Health.jbpub.com/athletictraining](http://Health.jbpub.com/athletictraining)
2. <http://bama.disted.ua.edu/hat257/default.htm>

**Course Goal and Objectives:** The goal of this course is to provide the student basic knowledge about techniques that aid in the care, prevention, and management of sports injuries. By the conclusion of this course, the students should be able to:

1. Describe the historical foundations of athletic training.
2. Discuss reasons for injury occurrence.
3. Identify major professional organizations and publications related to athletic training.
4. Identify major anatomical components of the body.
5. Explain and demonstrate proper steps in the evaluation of sports injuries.
6. Establish an exercise rehabilitation program for specific joint/muscle injuries.
7. To establish a comprehensive environmental prevention program.
8. Delineate the goals and objectives of the NATA along with an outline of the professional preparation necessary to succeed in this field.
9. Identify common risk factors in sports as well as common terminology used in sports medicine.
10. To discuss the moral/ethical ramifications of establishing an athletic training program.
11. To explain the role of the coach in injury prevention and the dissemination of injury information.
12. The course also focuses on lab methods, critical thinking, and communication skills needed to advance as a science major in a university

**Description of Assignment, Exams, and Grading Policy:** The final grade will be based upon completion of chapters, chapter tests, and final exam. Letter grades will be assigned on the following scale: A =90-100%, B =80-89%, C =70-79%, D =60-69%, F =59% or lower.

**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.

## Discipline plan and class rules

- ◆ Be in your seat and ready to work when the bell rings.
- ◆ Bring needed materials.
- ◆ Respect and be polite to all people.
- ◆ Respect all property.
- ◆ No eating or drinking in class. **(NO GUM CHEWING)**
- ◆ All school rules and policies are enforced.
- ◆ No cell phones
- ◆ No musical devices

Consequences – If the rules are followed, daily participation points will be awarded. If the rules are broken, the following steps will be taken.

- 1<sup>st</sup> offense – verbal warning
- 2<sup>nd</sup> offense – detention
- 3<sup>rd</sup> offense – detention and call to parent
- 4<sup>th</sup> offense – parent and assistant principal
- 5<sup>th</sup> offense – referral to the Opportunity Room

## Attendance

Your attendance is important and is directly related to your success in this class. You need to be in class every day unless you have an excused absence. The school has a **TARDY LOCK OUT POLICY** and a **15-DAY ABSENCE POLICY** that will lead to an automatic **FAIL**. Both policies will be in effect in this class.

Feel free to call me at any time if you have any questions or concerns. I can be reached at 294-1188 ext. 707 and E-Mail: [Jmontel@hartdistrict.org](mailto:Jmontel@hartdistrict.org) I am looking forward to an exciting and successful year!

Joe Monteleone,

Valencia High School