Sports Medicine 1 Course Syllabus

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- Please email me with any questions, comments, or concern you might have during the school year.

Teacher Website- https://sc01916099.schoolwires.net/Domain/7230

- By using this website, you can find unit notes, article reviews, other classwork assignments, homework, projects, and updates and reminders about test, quizzes, and other due dates. This is a very help resource for any student who might be absent during the year.

Course Description- Sports Medicine 1 emphasizes sports medicine career exploration and the prevention of athletic injuries, including the components of exercise science, kinesiology, anatomy, and principles of safety. Subject matter also includes legal issues, members of the sports medicine team, nutrition, protective sports equipment, environmental safety issues, mechanisms of injury, and application of other sports medicine concepts. Students interested in healthcare careers in athletic training, physical therapy, medicine, exercise physiology, nursing, biomechanics, nutrition, psychology, and radiology will benefit from this course.

General Requirements- This course is recommended for students in grades 9-12. Students are encouraged, but not required to have previous or concurrent course work in the biological sciences.


- By using this link, you can look up the educational standards for this class.

Required Materials

- The following materials are required and necessary for students to be successful in learning
  - Pen or pencil
  - Loose notebook paper
  - Binder or notebook
  - Pocket Folder

Optional Materials

- These materials are simply suggested materials that students might find helpful during the school year
  - Colored pencils/crayons/markers
  - Index cards
  - Dry erase markers

Class Rules

- Be Prepared
  - Students are expected to be prepared for class every day. This includes bringing a pen/pencil, notebook/binder, homework, and any other materials to help students be successful in learning.

- Be Respectful
  - Students are expected to be respectful to their classmates, the teacher, and their learning environment. Students are not allowed to use vulgar or offensive language. Disrespectful behavior of any kind WILL NOT be tolerated.

- Be On Time
• If you are not in the door by the tardy bell, YOU ARE LATE FOR CLASS!
  • FDHS tardy policy will be enforced

- No talking during instruction
  • As most of the material for this class will come from notes and verbal instruction from the teacher, it is incredibly important that students remain quiet during instruction and do not distract from the lesson. If students have a question, they should raise their hand and wait to be called on.

- Students are expected to do all assignments
  • All assignments given should be fully completed and turn in on the appointed due date. This assignments includes but are not limited to:
    • Homework
    • Classwork
    • Reading assignments
    • Test/quizzes
    • Projects
  • 5 points per day will be taken off every day the assignment is late
  • Anything turned in later than one week after the appointed due date will automatically be given a 50. More points will be taken off if work is incomplete

**Following Directions/Procedures**

- In the medical field, it is essential for professionals to follow directions and procedures correctly. Paying strict attention to detail is also a necessity. If medical professionals do not, someone can get seriously hurt or even die. Because Sports Medicine is a medically related class, I will stress the importance of this all semester. Student who do not follow directions on assignments, test, projects, etc. will lose points. Students who do not follow the rules of the class will also receive consequences. Please contact me with any questions or concerns.

**Grading System**

- 100-90 = A
- 89-80 = B
- 79-70 = C
- 69-60 = D
- 59-51 = F

**Assessments and Grading Practices** - Major assessments will include unit test and projects, as well as a Final Exam. Minor assessments will include quizzes, article reviews, classwork, and homework.

- Homework = 5%
- Classwork = 5%
- Article Reviews = 15%
- Quizzes = 20%
- Projects = 25%
- Unit Test = 30%

**Required Reading**

- Article Reviews
  • During each unit discussed in this class, students will be required to complete article reviews. These are professional and/or scholarly articles related to the unit being discussed. Students will read the article and write a summary of the article in their own words. They will then answer
questions based on the material they read. Students will be required to keep these articles throughout the school year. Information from the articles will be used on unit tests.

**Make-up Work Policy**

- **Materials Request Form**
  - If a student is absent from class, he or she will need to fill out a materials request form in order to receive any missed assignments. The student is responsible for checking the teacher’s website, asking a classmate, and/or checking Power School, to see what he or she missed while absent. It is not the teacher’s responsibility to keep up with what a student missed while absent.

- **Test/Quizzes**
  - If a student is absent from class on the day of a test or quiz, he or she will need to fill out a materials request form in order to schedule a make-up test/quiz. The student has 5 days from the day of the test or quiz to make it up before it goes into the gradebook as a permeant zero. This is per district policy. Make-up test or quizzes are offered during ILT only.

**Extra Help Opportunities** I am available for tutoring during ILT every day. I am available for help before or after school by appointment only.

- **Test corrections** If a student makes a grade lower than a 100 on a test, the student will be given the chance to do test corrections. Students will receive half credit back for every correct answer they give. Students only have 5 days from the day the test is passed back to complete the corrections. For my class, students will be given ONE class period to work on them. If they do not finish in class, they may only work on them during ILT. If my students do not follow the directions I give for test corrections, they will not receive any credit.

**Behavior Plan**

- 1st Offense- Verbal Warning
- 2nd Offense- Student/Teacher Conference
- 3rd Offense- Contact Parent
- 4th Offense- Referral, Contact Parent

**Cell Phone Policy** Per district policy, students may use cell phones before school, ILT, and in between classes ONLY. Cell phones should be off or on silent mode and put away during class. If a teacher sees a cell phone out for any reason, the teacher will call an administrator to collect the student and the phone.

I have a very strict cell phone policy in my classroom. I do not tolerate any cell phone usage for any reason. No phone calls, texting, playing games, watching videos/moves, using the internet, taking pictures, snapchatting, facetimeing, etc. during class. If I see it, I will call an administrator. Students should keep cell phones in bags, purses, or book bags at all times during class.

If a class has worked extra hard, I may allow students to use phones or iPods to listen to music as they work. Music should be low enough that I cannot hear it through a student’s headphones. I also may assign time in class when students can use phones to complete a task (i.e. homework, research assignment, review games, etc.). During these times, students are only allowed to use phones for that task. If I see students using their phone for other purposes, I will call an administrator, and students may lose points on the assignment for not following directions.

When students need to leave my room for any reason, including the restroom, they will be required to leave their cell phone in a box next to my desk where it will be in my view at all times. When they return, they may take their cell phone back and put it back in their book bag. Students will not be able to leave my room otherwise.
By signing below, I hereby state that I have completely read the above syllabus for Sports Medicine 1. By reading this document, I understand the rules, policies, and procedures as stated above.

Parent/Guardian Signature: ___________________________ Date: _______________

Student Signature: ___________________________ Date: _______________

**Note:** Please return this page, signed, to your teacher. Students should keep the above syllabus in their notebook/binder for the rest of the semester.