

# Intro to Sports Medicine

## TEACHER VITALS

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Training Room Hours: By appointment only: before school, 1st hour, and 7th hour  
Everyday after school

Plan Period: 6 th Hour

**If you need to contact me, email is the best way.**

**Course Description:** Sports medicine is a growing profession with many specialities. We will explore the different aspects of the sports medicine team and expose students to the career opportunities within the field of Athletic Training. We will introduce medical terminology, anatomy and evaluations of sports related injuries. There will be several surgeries that we view and labs to practice evaluations and taping procedures. Observation/shadowing hours are required and designed to give students real-life experiences in sports medicine professions. There is no text for this class. Your binder will hold all of your handouts and class notes. Course information will be presented in lecture, video, lab and cooperative learning formats.

**Course Objectives:** At the end of this course, the student will be able to:

1. Create a well-designed athletic training facility, budget, supplies, and records
2. Describe legal concerns and considerations in athletic training
3. Discuss the role of nutrition in athletics
4. Identify the methods to prevent injury through equipment and environmental concerns
5. Describe a SOAP note and be able to identify the type of information that goes into each part during the documentation process
6. Identify the identification, treatment, and return to play process of concussions
7. Discuss the basic terms and protocols of Emergency Action Plans
8. Be able to proficiently explain and perform basic taping techniques

**Class Guidelines: What to bring to class:**

**3-ring binder/notebook (optional), paper for taking notes, and writing utensils**

All notes and handouts from class should be kept in your notebook/binder. Your binder will be checked periodically for content and participation points. We will have lab time in the athletic training room. You will need to be respectful of other classes when moving to the training room area. You will receive participation points on lab days. You will need appropriate dress attire (usually gym clothes attire for easy moving) for lab days and will be reminded of this ahead of time. Dress Code for shadowing hours will be khakis or jeans and a Waynesville T-Shirt or polo. Jeans must be school appropriate.

## Observation/ Shadowing Experience

Students will be required to complete 4 hours of observation with a professional in the sports medicine field. This could be with me, or with another area of specialty, such as physical therapy, dentistry, or chiropractic if arranged with me prior to shadowing. Students will need to sign up on a schedule prior to showing up to practices and games. This must be coordinated ahead of time because I can have up to 3 students at a time. You can complete all hours at 1 time or split them up into

separate shifts. **DO NOT WAIT UNTIL THE VERY END OF THE SEMESTER TO COMPLETE THESE HOURS.**

### **Grading Policy**

Per WHS and district policy, each semester grade will be divided into two categories, each with a specific weight. The categories will be broken down as follows:

- I. Assessments (60% total)
  - A. Projects, Assessments
- II. Practice work (40% total)
  - A. Performance, Written Assignments, Daily Work

### **Percent Scale**

- 90-100% A
- 80-89% B
- 70-79% C
- 60-69% D
- Below 60% F

### **Late Work Policy**

Late work will be accepted according to WHS policy and is defined as any assignment given to students to be taken out of the classroom to be completed.

The following credit will be given for late work: Students turning in work any time after the original due date will be eligible for 75% of the original points assigned. Late assignments must also be turned in before the current unit summative exam. After the unit summative exam late work may no longer be accepted for credit.

### **Daily classroom procedures**

1. Be on time
2. Respect others
3. Be prepared
4. Be productive

### **Hall Passes/Procedures for Leaving a Classroom**

Instructional time is directly linked to student achievement; therefore, it is important for students to remain in the classroom during the entire class time. If a student has an emergency that cannot be taken care of out of class, then the procedures for leaving the classroom has been defined in the student handbook as:

"Students must have their ID card to leave a class. (Restroom will be the only exception). Planners will be used for hall passes. Both students and teachers are responsible for completing the pass..... A student in the hall without a properly completed hall pass may be subject to disciplinary action."

### **Electronic Devices**

Sports Medicine will follow the electronic devices guidelines as defined in the student handbook:

"Personal electronic devices may only be used at school before and after school hours..... and between classes during designated passing times. Headphones/ear buds will not be used between classes during designated passing times. These items may NOT be used, displayed or heard during class periods either inside or outside the classroom, unless the teacher has given approval for educational purposes. Students are prohibited from using camera phones or other electronic

devices to take visual or audio recordings or images.... During any class or instructional period during the school day....”

According to the student handbook technology usage policy:

“Any infraction of the district technology policy and regulation of these guidelines will result in confiscation of the device, to be returned only by conference with the parent/guardian. The student may be disciplined for infractions by the school administration.”

**Academic Dishonesty will be handled according to the student handbook:**

“Cheating on tests, assignments, projects or similar activities; plagiarism; claiming credit for another person’s work; fabrication of facts, sources or other supporting material; unauthorized collaboration; facilitating academic dishonesty; and other misconduct related to academics.”

Examples of cheating include, but are not limited to, copying answers from another paper (graded or not); talking or having cell phones out during assessments; looking at another student’s paper at any time. If a student is found cheating, students will not receive credit for the work (as per the student handbook) and a discipline referral will be turned in to the office.

**Absent Policy**

Absences from the Sports Medicine classroom will be handled according to the policies described in the student handbook:

“Students shall not be penalized only for an absence.

Absent students shall be given make up opportunities for all missed assignments and assessments within a timely manner without penalty. A timely manner is defined as: for each day

**Re-Assessment Policy**

Students may re-assess over formative assessments during an instructional unit. The re-assessment must be scheduled with the teacher and may be taken up until the day of the unit summative exam.

Students may re-test over unit summative assessments per WHS policy.

All students may re-test one time per unit for a maximum of 80% credit if:

- a. The students have turned in all homework assignments
- b. The students have attended at least one academic assistance session.

**Behavioral Expectations**

1. Students will have an assigned seat and must remain in that seat during the class period.
2. No electronic devices (including phones) out or charging in the classroom without specific permission from the teacher.
3. No food or drink in the classroom at any time.
4. Students may NOT share any utensils or supplies at any time in the classroom.
5. No use of offensive language.
6. Be respectful, responsible, attentive, and courteous.
7. Be ready for class discussions each day.
8. No gathering at the door prior to the bell. Stay in your seat until class is dismissed.