

Sports Medicine/Kinesiology

Instructor: Tommy Pass MA, ATC
Phone: (916) 566-3445 ext. 26005

Office Hours:
7:15 am to 7:45 am M-F

Email: thomas.pass@twinriversusd.org

Daily Class Times and Locations:

1 st or 2 nd	8:00 - 9:00 am
3 rd or 4 th	9:15 - 10:15 am
5 th or 6 th	10:30 - 11:30 am

Wednesdays ONLY

1 st period	8:00 – 8:25 am
2 nd period	8:35 – 9:00 am
3 rd period	9:10 – 9:35 am
4 th period	9:45 – 10:10 am
5 th period	10:20 – 10:45 am
6 th period	10:55 – 11:20 am

COURSE DESCRIPTION: This course covers the anatomical and physiological effects of athletic injuries to the human body. Along with the science behind the career, we will also focus on fundamental skills required for all those interested in perusing a future in the sports medicine field. Training will be classroom based lectures and labs highlighting aspect of injury prevention, injury recognition, emergency response and rehabilitation.

CLASS FORMAT: Required course work will be classroom instruction that includes lecture, discussion, demonstrations, examinations, reading assignments, guest speakers and laboratory assignments. Students will work with instructor, and other students, to develop a final project that will be presented during finals week.

COURSE TOPICS: Topics of this course include:

- Roles and responsibilities of professionals in the sports med. profession
- Anatomy and physiology
- Care, Prevention and Assessment of Sports Injuries
- First Aid
- CPR and Obstructed Airway
- Treatment Methods
- Equipment/Modalities
- Safety and Emergency procedure
- Nutrition
- Career preparation

ASSESSMENT: Letter grades will be given based on the following assignments:

Weekly Assessments	10-15 pts each
Quarter exams	100 pts each
Projects	25 pts each
Skill assessment sheet	25 pts each
Career Preparation Portfolio	50 pts
Daily Class Participation	3 pts daily
Final Project	100 pts

The first and second semester grades will be based on the total number of points earned in each of the two quarters.

There are **NO MAKE UP TEST, QUIZZES OR LATE ASSIGNMENTS** allowed for unexcused absences. You must follow absence guidelines in order to be eligible to make up credit.

Letter grades are determined by the amount of points earned / total points possible

100-90% = A

89-80% = B

79-70% = C

Below 70% is considered FAILING!!

CLASSROOM EXPECTATIONS: This course is designed to prepare you for a work environment; therefore the highest professional standards are expected.

- a. Be in class, ready to work, ON TIME!
- b. Have a positive, professional attitude towards yourself and others
- c. Participate and answer questions to the best of your ability
- d. Work proficiently on tasks assigned individually or in groups
- e. Follow instruction provided in class or on take home assignments
- f. Successfully demonstrate skills taught
- g. Dress appropriately for the days activity
- h. Take proper care of equipment and materials
- i. Call/text instructor prior if you are unable to attend class
- j. Confidentiality must be maintained at ALL TIMES!!!

RULES: The following will NOT BE TOLERATED!!

- a. Inappropriate behavior
- b. Harassment of any sort
- c. Use of inappropriate language
- d. Inappropriate dress
- e. Non-participation
- f. Use of any communication devices in the classroom
- g. Talking when others are speaking
- h. Poor hygiene
- i. Lack of regard for safety regulations
- j. No eating in class

If you chose to break these rules you can expect the following

- 1st **warning - Loss of participation point** and verbal warning
- 2nd **warning - Loss of participation points** and student-teacher conference
- 3rd **warning - Loss of participation points** and parental notification

Should the student continue to have a discipline problem, a conference will be held including the student, teacher, parents and counselor. ***The student may be dismissed from the program at this time.***

SAFETY: Any profession has associated risks. Employment in the sports medicine field has inherent danger not only to the Sports Medicine Technician, but also to the patient if specific industry standards are not followed. As part of the instruction, students are provided with explicit instructions that must be followed for their safety as well as the safety of the athletes. Any student that fails to follow these safety rules may be dismissed from the program.

DRESS CODE: To ensure a professional atmosphere in the classroom the following dress code will be enforced.

1. No exposed midriffs
2. No Excessively short skirts, dresses or shorts
3. No Sagging pants
4. No sweatpants or p.j.'s
5. No low cut shirts or exposed chest
6. No mesh shirts
7. No ripped clothing
8. No hats while in doors
9. No Spaghetti strap tanks
10. No writing on shirts unless sports related

ATTENDANCE POLICY: Our policy is modeled after that of the profession. For students to be successful in the Sports Medicine Program excellent attendance is **CRUCIAL!!**

1. TARDINESS IS NOT TOLERATED

- a. First tardy is excused
 - b. Repeated will result in loss of participation points for that day
2. **STUDENTS MUST CALL/TEXT PRIOR TO THE BEGINNING** of class
3. **STUDENTS MUST MAKE UP HOURS MISSED** due to excused absences
4. **STUDENTS MUST BRING A NOTE** from parent or school admit slip to verify absents

SPECIAL NOTE: Parents of students, missing multiple classes without prior consideration, will be notified. You may be dropped without conference or further notice if you have more than one unexcused absents. You would not be able to blow off work and keep your job. If you blow off this class you will lose your credits.

I have read and understand the course and its policies and procedures as indicated in the syllabus.

Student Signature: _____

Parent/Guardian Signature: _____