



## **SPORTS MEDICINE 10**

### ***COURSE OUTLINE***

**INSTRUCTOR:** Mr. Kirk

Sports Medicine 10 is to prepare prospective student trainers with a basic understanding in sport injuries, first aid care, training room management, and career opportunities related to sports medicine, nutrition, anatomy and physiology. This course offers a logical beginning for those interested in such fields as sports medicine, physiotherapy, massage therapy, nursing, physical education, or emergency medical technician.

**SUPPLIES:** Binder to hold notes and class handouts.  
Coloured pencil crayons/ markers

### **EXPECTED LEARNER OUTCOMES:**

This course includes completion of five CTS modules that will be divided into the following content:

- ☐ Basic First Aid & CPR Certification
- ☐ Lecture and Study of basic anatomy, bone growth, skeletal structure & musculature
- ☐ Care and treatment of soft tissue injuries
- ☐ Recognition and Management of athletic injuries such as sprains, strains & fractures
- ☐ Prevention, assessment and care of athletic injuries
- ☐ Implementation of various taping techniques
- ☐ Study of therapeutic modalities (cryotherapy and heat treatments)
- ☐ Administrative duties and facility management
- ☐ An enrichment of knowledge through independent research projects in oral and written format
- ☐ The utilization of acquired skills and knowledge via an introductory practicum experience as a team trainer. This must incorporate at least 5 hours of quality time.

### **COURSE EVALUATION:**

You will receive credits for each of the following CTS modules that is completed:

1. Health Service Foundations (HSS 1010)
2. Injury Management 1 (REC 1020)
3. Musculoskeletal System (HCS 1050)
4. Technical Foundations for Injury Management (REC 1030)
5. First Aid and CPR (HCS 2020)\*

*Each Module will be broken down as close to the following format as is appropriate:*

□ Exam	20%
□ Classwork	40%
□ Projects	20%
□ Professionalism	10%
□ Quizzes	10%
□ *First Aid - Exam 30% Skills 40% Classwork 20% Professionalism 10%	

#### **ATTENDANCE/ LATES:**

- It is the expectation that students will attend all classes. Any class work/ quizzes assignments/ labs that are missed are the responsibility of the *student* to catch up on. It is the *student's* responsibility to approach the teacher to find out what they have missed and proceed to get caught up. Any tests/quizzes missed will be made up the *day of return*.

#### **INTERVENTION:**

It is the responsibility of the student to complete assignments, quiz, test materials to maximize their learning. Appropriate time frames to complete this are required in order to provide meaningful feedback for assessment. After consulting with the teacher, students may coordinate assessments that can be completed if they require additional attention. Students should not rely on this as a way to “complete the instruction of a course”, rather approach it as a means of supporting their learning.