

Western Montgomery Career and Technology Center

Sports Medicine Program

Mr. Grant Greisler

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Course Description:

The Sports Medicine program is designed to prepare students for a number of technical fields related to kinesiology. Instruction includes theory and applications related to: strength training and high intensity training, weight management, nutrition, resistance training, exercise programming, exercise physiology, mental health and wellness, anatomy and physiology, pathophysiology, athletic training, injury recognition and management, rehabilitation and restorative care, and medical terminology.

Students will learn to design safe and effective exercise prescriptions, conduct individual exercise programs, and fitness testing. Students will be prepared for employment in a wide variety of settings that include fitness clubs, hospitals, corporate wellness programs, strength and conditioning, and clinical rehabilitation programs. In addition, the program serves as a strong foundation for students wishing to pursue advanced degrees in the field of exercise science or enter professional disciplines such as physical or occupational therapy.

Certifications Available:

- American Heart Association Heartsaver CPR & AED
- American Red Cross First Aid
- OSHA Certification
- Personal Training Certification (ACSM)

Textbooks:

Sports Medicine Essentials: Core Concepts in Athletic Training and Fitness Instruction, 3rd edition. Jim Clover (Textbook)

Sports Medicine Essentials: Core Concepts in Athletic Training and Fitness Instruction, 3rd edition. Jim Clover (Workbook)

ACSM Resources for the Personal Trainer 5th edition. (Textbook)

Materials:

Notebook

Folder

Pen/pencil

Daily Classroom Schedule/Procedures:

The daily instructional schedule will combine instruction on the theory as well as performance tasks that are practiced and assessed in the labs. Various learning activities will be utilized to guide students in acquiring the knowledge necessary. Time spent on theory and in the lab will change depending on the concept being taught.

Students will also attend PE class once a week

Teacher Expectations:

All students are expected to:

- Show respect
- Be aware of and obey all safety rules
- Learn and work in a safe and efficient manner
- Be punctual
- Manage their time in class effectively
- Work on task and only on their assigned projects
- Accept responsibility
- Come to class prepared to learn, and with the necessary materials
- Participate in lectures, demonstrations, and learning activities
- Follow all rules stated in the student handbook
- All assigned work is to be turned in on the due date for full credit

Uniform Requirements:

Sports Medicine requires 2 light blue polo's and 2 khaki/golf pants. Pants may be blue, gray, black or khaki colored. It is recommended to look at under armor or old navy for flex fit pants. Athletic shoes, mesh shorts and a t-shirt are also required for class.

Additional items may include a light blue quarter zip, hooded or crewneck sweatshirt.

The following is a link to the school uniform store <https://go.ordermygear.com/wmctc/>

Program Requirements/Costs:

There are specific costs for textbooks, tools, supplies, uniforms, and certifications; and for some programs medical and criminal clearances that students are obligated to pay upon acceptance.

Annual clearances may include PA Child Abuse History Clearance, PA Criminal Record Check, and FBI Criminal Background Check. Physical examination, including Hepatitis B and Tuberculin Skin Test may also be required

Job Shadowing:

Opportunities to observe sports medicine professionals during the 3rd year in the program. Opportunities vary from physical therapy clinics, doctors office and personal training facilities.

Grading:

Quarterly grades are weighted according to the following percentages:

Daily attitude/work ethic	20%
Knowledge	30%
Skill	50%

The Western Montgomery CTC grading system is defined as:

A	100-93
B	92-85
C	84-77
D	76-70
F	70 >

Work Ethic includes all areas of professionalism, such as appearance, teamwork, attendance, reliability, safety, and organization. Work ethic grade will be worth 10 points per day (50 a week).

Knowledge includes all academic work and assessments including homework, in class assignments, tests, quizzes, etc.

In order to receive full credit homework **MUST** be turned in on the assigned due date. Late work will result in partial credit for the assignment.

In the case of illness or absence, extended time will be given to the student in order to complete the assignment.

Skill Includes the hands-on portion of the class. Students will be given a Task Grid that was developed by Sports Medicine instructors around the state. This is a state mandated Program of Study that must be completed by each student in order to receive a certificate of course completion at the end of their years spent in the Sports Medicine Program.

Course Objectives:

1. Students will apply procedures and techniques used in athletic training and in the care and rehabilitation of athletic injuries and therapeutic exercise.
2. Students will learn techniques in the analysis of mechanical factors related to human movement.
3. Students will learn to critically evaluate acute and chronic conditions associated to the human body's responses to exercise.
4. Students will increase their knowledge of comprehensive health and wellness.
5. Students will be able to identify the components of fitness and communicate the relationship between physical fitness, physical performance, injury prevention, and nutritional intake.
6. Students will analyze and evaluate how the body systems respond to physical activity, disease, and aging.
7. Students will evaluate an individual's state of nutrition based upon the impact of personal choices and social, scientific, psychological and environmental influences.
8. Students will learn clinical and field evaluative processes, injury prevention techniques, conditioning techniques, treatment, taping, bracing, and rehabilitation of musculoskeletal injuries and conditions.
9. Students will demonstrate knowledge of body systems with emphasis on the interrelationships between structure and physical function.

Areas of Study

1. Anatomy & Physiology
2. Applied Anatomy
3. Musculoskeletal injuries
4. Emergency Care, Basic First Aid and CPR
5. Infection Control
6. HealthCare Organization and Administration
7. Medical Terminology and Documentation
8. Orthopedic Evaluation and Assessment of Injuries
9. Taping and Bracing
10. Therapeutic Exercise and Restorative Care
11. Therapeutic modalities
12. Nutrition and Weight Management
13. Concussion Management
14. Principles of Strength and Conditioning
15. Exercise Physiology
16. Biomechanics
17. Sports Psychology

I have read the syllabus and agree to abide by these guidelines.

Student Signature_____

Date_____

As a Parent/Guardian, I have read the syllabus and support these guidelines.

Parent/Guardian Signature_____

Date_____