

Sports Medicine and Sports Performance Syllabus

Mrs. Wyman

2013/14

Semester Course

A. COURSE DESCRIPTION

Sports medicine specializes in preventing, diagnosing and treating injuries related to participating in sports and/or exercise, caused by engaging in physical activities. This class will focus on muscle anatomy, muscle function and motion, as well as rehabilitative and preventative care. Discussion of moral, legal and health related difficulties, the use of supplements, gender differences, and the physiological and psychological effects on sports injuries and sports performance. Fundamentals of training and performance will also be studied and practiced.

B. METHODOLOGY

1. Lecture, discussion, inquiry
2. Laboratory activities and investigation
3. Audiovisual aids and technology
4. Current events and class presentations/activities/labs

C. TEXTBOOK & REQUIRED MATERIALS

Jennifer L. Minigh, 2007 Sports Medicine: Sports and Medical Issues

Jim Clover 2009 Sports Medicine Essentials: 2nd Edition

*Supplementary materials will come from journals, newsmagazines, websites and other sports medicine and sports training textbooks.

!!We will utilize EDMODO. If you do not have an edmodo account already, please create one. It is required that you join the Sports Med group.!!

The GROUP CODE IS: Uz5re2

Students are required to bring to class:

1. One 3-ring 11" folder OR 3 ring notebook that has pockets for handouts
2. Pencil, blue or black pen
3. Ipad

D. ASSESSMENT CRITERIA

Students' grades will be determined on a percentage basis out of 100 percent. The percentage of total points earned will determine the nine-week's grade. Students will accumulate scores from the following:

1. Participation/Class Work 20%
2. Tests 30%
3. Quizzes 25%
4. Labs/Projects 25%

A project/test will be given at the end of the semester and will be worth 25% of your final grade. Details to come.

GRADING SCALE	A 93-100
	B 85-92
	C 77-84
	D 70-76
	F less than 70

E. CLASSROOM POLICIES and PROCEDURES

1. Student Conduct

- a) Be prepared for class.
- b) Be dress code compliant.
- c) Follow directions the first time.
- d) Be courtesy to teacher and classmates.
- e) Keep hands, feet and other objects to yourself.
- f) Raise your hand for permission to speak or leave your desk.

1st infraction - warning

2nd infraction - contact with parents

3rd infraction - contact with parents & contact with administration

2. Assignments

- a) All assignments will be expected on the day and class period they are due in accordance to school policy.
- b) All formal work turned in is to be done neatly or typed. A folder for assignments is highly recommended
- c) All missed work must be made up in accordance with school policy. (Refer to student handbook)
- d) It is the student's responsibility to make up missed work! Specific homework will **not** be assigned in this class. All projects/labs will be done in class, and tests will be posted on RenWeb.

3. **Tests & Quizzes**

Quizzes may or may not be announced. **Tests will always be announced at least 5 days in advance.** Tests will consist of some but not limited to multiple choices, true/false, some fill in the blank, diagram recognition, and short answer.

Please no book bags or large oversized purses in the classroom. Cell phones are not permitted and should be turned off prior to coming into class as well as any other recreational electronic devices. Thank you for your attention

Should you have any questions or concerns throughout the semester, please feel free to contact me – parents or students at 543-5090 ex. 428
wymank@franklinacademy.org OR kkwyman@hotmail.com

Please cut along dotted line and return the bottom to Mrs. Wyman. Keep the Syllabus in an electronic folder or paper folder. The Syllabus will also be posted on Edmodo and remain there all year.



I have reviewed the syllabus and policies and agree to abide by these standards.

Student Name: _____ (please print)

Period and Class: _____

Student Signature X _____

Parent Signature X _____