Sports Medicine and Wellness

Welcome to Sports Medicine. Students enrolled in this semester course will be introduced to various themes in the science of Sports Medicine. These themes include:

1. CPR/ AED, First Responder concepts and how to apply them to planning for Athletic Emergencies.
2. Basic Human Anatomy/ Physiology.
3. Prevention, Recognition and Treatment of Athletic Injuries.
4. Components of physical Training.

Through investigations and experimentations students will study key topics that will enable them to develop skills for sports medicine excellence.

Students Are Expected To:

1. Be Responsible: Be on time, bring class materials.
2. Do the Right Thing: Follow instructions and procedures, written or spoken. Be trustworthy, honest and cooperative.
3. Respect yourself, other people and property: Treat people kindly with action and words. Be tolerant of differences.

***Students are expected to follow school rules as well as class rules.***

Coursework:

The following is coursework representative of the semester grade and includes, but is not limited to:

Key Vocabulary Class assignments Unit Tests Performance/ Role play

Reading Reviews Projects Quizzes Semester Final

Student Materials:

Students are required to bring the following materials to class everyday:

* 3 ring binder
* Notebook paper
* Pencil/colored pencils
* 1 Ace Bandage (3in)

Mrs. Heather Foster

(775)265-6100 ext. 2661

hfoster@dcsd.k12.nv.us

**I have read and understand all the information included in the Sports Medicine syllabus.**

**Teacher’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Name (print):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian’s Name (print):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**If your Son/Daughter has any health issues that may limit participation in class please make sure that you contact the school nurse.**