

Intro to Sports Medicine II MMACHS 2024-2025 Syllabus

Instructor: Jonathan Skaar, MS, LAT, ATC

Location: Meridian Medical Arts Charter HS, Room 08

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Hours: M-W 2:10-3:30 or by appointment

Course Description:

A survey course introducing the principles of care and prevention of sport induced injury. Emphasis will be on identification and differentiation of minor and major trauma related to sports participation. A prerequisite for admission to the BSU Athletic Training Education Program.

Course Texts:

- Pfeiffer, R., Mangus, B., & Trowbridge, C. (2015). *Concepts of Athletic Training*, 7th ed. Sudbury, MA: Jones and Bartlett.
- Beam, J. (2017). *Orthopedic Taping, Wrapping, Bracing, & Padding*, 3rd ed. FA Davis Co.

LEARNING OBJECTIVES: *By the end of this course, the student will:*

1. Participate in a minimum of 20 clinical hours per semester through field trips, job shadows, clinical hours & HOSA participation. HOSA hours studying and competition in the Sports Medicine Event may be counted toward your clinical requirement for this course.
2. Describe the practice of athletic training and related health care professions (regulation, education, scope of practice).
3. Appreciate the knowledge of the prevention of injuries and implementation of emergency procedures.
4. Recognize and manage basic wounds and bleeding injuries.
5. Understand basic skills and techniques utilized in the prevention of athletic related injuries.
6. Recognize basic concepts of nutrition and conditioning for injury prevention.
7. Understand the basic anatomy, biomechanics and patho-mechanics involved in sports trauma.
8. Explain basic acute injury management skills (transportation, monitoring, practice guidelines).
9. Identify basic injuries and sport specific conditions.
10. Describe how to recognize and manage head-related injuries.
11. Understand common emergent/acute and sudden death medical issues related to physical activity (ie. cardiopulmonary, asthma, brain trauma, heat illness, anaphylactic shock, etc).
12. Understand the thermoregulatory system, proper hydration, environment illness prevention, causes and management of exertional heat illness.
13. Understand techniques of researching, educating and communicating with coaches, athletes, parents, administrators, health care professionals, and others regarding potentially dangerous conditions and high injury risk behaviors and situations.
14. Understand how to identify and manage patients/athletes with disordered eating.
15. Describe age related risk factors associated with various physical activity and sports participation.
16. Describe and identify dermatological infections common in sports.
17. Demonstrate basic techniques of taping and bandaging for athletic participation.

Course Expectations

1. This is a professional preparation class; have good attendance & participation please.
2. Hand in assignments on time. Talk to the instructor re: extensions. Late work may be worth 50%!!
3. Check Schoology for deadlines and be responsible for making up missed assignments. If you are absent on a day work is due, your assignment must get here on time; find a way!
4. Participation in your clinical experience is *graded*. No shows are unprofessional! Notify your host in advance if re-scheduling becomes necessary.
5. Appropriate dress (khakis and polo) is *required* for clinical hours, ask if you have questions.
6. You are expected to bring fitness attire (tee shirt/shorts), an organized binder, and writing utensil to EVERY in-person class.
7. *Do NOT discard anything until final grades are posted in JUNE!!!!*

Instructional & Assessment Methods

Instructional methods may include Zoom meetings, independent reading, case analysis, projects, discussion, presentations, small-group work, video & computer data analysis, practice sessions, and lectures.

All assignments and due dates will be found on Schoology and [Common Curriculum](#).

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Grading

Summative Assessments (Written & Oral Exams)	40%
Clinical Hours	20%
Formative Assessments (Assignments/Quizzes)	30%
Midterm/Final	10%
End of Course Evaluation (April)	Extra Credit

MMACHS grading scale: A=4.0(90-100%), B=3.0(83-89%), C=2.0(74-82%), WIP=0.0 (below 73)

Late Work:

Assigned work is due on the day assigned, before our class period. Late work will be accepted until 8:00 PM on the day it is due. If students need an extended deadline, please discuss this with me **beforehand**. Late work may be worth 50% of the original grade.

DO NOT TAKE YOUR GRADE FOR GRANTED!

Student Code of Conduct

You will be held accountable for the [MMACHS Code of Conduct](#).

I am available by email, cell phone, and appointment for any questions you may have. I am looking forward to teaching this course and hope that you will enjoy taking it! Mr. Skaar