

## **Course Description:**

The Sports Medicine and Rehabilitation Therapy Program at Erie High School was developed to give students the necessary skills to continue their education in one of the following medical fields, this list is not exclusive, there are many other fields these students can pursue once graduating from EHS:

- Rehabilitation Aide
- Physical Therapy Aide
- Athletic Training
- Physical Therapy
- Occupational Therapy
- Pre-Med
- Exercise Science
- Kinesiology

Anatomy and Physiology, Medical Terminology, and Introduction to Sports Medicine Class Syllabus/Rules:

We will be covering the following material in Anatomy and Physiology, and introducing the profession of Sports Medicine and Athletic Training. My goal is to cover as much material as possible. For anatomy and physiology, we will cover the main body systems that you would encounter in the Sports Medicine field. Introducing the sports medicine field, we will see how those chapters play out as we go through the Anatomy and Physiology text. I may not go in order of the text for medical terminology. Each chapter will last anywhere from 1-3 weeks, and if necessary four weeks.

### **Required Materials for the classroom:**

Three ring binder

Pen (Blue ONLY) or a pencil.

Scrub bottoms (once we order t-shirts as the “uniform top”) date for scrubs will be announced (information will be sent via parent square)

## **Grading Policy:**

The Sports Medicine and Rehabilitation Aide program will follow the Erie School District Grading policy whenever possible. The policy at the Erie School District is as follows:

### **EHS grading scales: GRADES 9 – 12**

#### **(Percent Grading System)**

<b><u>Regular</u></b>	<b><u>Honors</u></b>	<b><u>Advanced Placement</u></b>
95 – 100 A 4.0	97 – 100 A 4.5	97 – 100 A 5.5
90 – 94 A- 3.75	93 – 96 A- 4.0	93 – 96 A- 5.0
85 – 89 B 3.5	89 – 92 B 3.5	89 – 92 B 4.5
80 – 84 B- 3.0	85 – 88 B- 3.0	85 – 88 B- 4.0
75 – 79 C 2.5	76 – 84 C 2.5	76 – 84 C 3.5
70 – 74 C- 2.0	70 – 75 C- 2.0	70 – 75 C- 3.0
65 – 69 D 1.0	51 – 69 F 0	51 – 69 F 0
51 – 69 F 0		

- a. Employability skills: Uniform (professionalism), cell phone policy adherence, tardiness, etc.
- b. Quizzes on power points/guided notes
- c. Workbook Assignments
  1. Exercises from the text book about the medical terms we have learned
- d. Color Plates
- e. Chapter Tests
- f. Vocabulary Assignments:
  1. Sentence writing (writing the words in a sentence and using them correctly will help you remember the definition)
  2. There will be 1-3 quizzes each week (with plenty of review games)
  3. Note cards
    - a. There will be checks to make sure you are using note cards for the definitions
- g. Projects based on material we are studying
- h. Lab Practical
- i.** Final Exam at the end of the school year

### **The following chapters will be studied this year:**

- I. Introduction to the Structural Units
- II. Integumentary System
- III. Digestive System
- IV. Skeletal System
- V. Muscular System
- VI. Central Nervous System
- VII. Peripheral and Autonomic Nervous System
- VIII. Blood, Heart, Circulation and Blood Vessels
- IX. Nutrition

- X. Endocrine System
- XI. Lymphatic and Immune Systems
- XII. Respiratory System
- XIII. Urinary System/Reproductive System

**Text books used this school year:**

**1. Body Structures and Functions, 13th Ed.**

This text will be used to introduce you to Anatomy and Physiology. You will learn different body systems and how they work, what they are made of, the terms associated with each system, some injuries, diseases, and illnesses that are part of that system. Both years (I and II) will use this text throughout the school year.

**2. Introduction to Sports Medicine:**

This text will introduce students to the field of Sports Medicine. We will explore the local history of the profession and what the AT profession is, what an AT room should look like, what the AT student Aide program is, and other chapters in unit 2 if times permits. Year II students will be using this text, with possibility of a couple year I's at the discretion of the instructor.

**Electronics Policy:**

Mr. Friedrich supports the electronics policy of the Erie School District. I am, however, not responsible for your lost or stolen device under any circumstances. If a student brings their device to class, he or she is responsible to take care of that device and adhere to Erie School District guidelines for that device.

**Uniform Policy**

You will be expected to dress according to the medical profession. Freshman and sophomores, this will be scrub bottoms and an EHS Sports Medicine shirt **OR** business casual (khaki type pants and an EHS Sports Medicine shirt). Shoes **MUST** be closed toed; no sandals, slippers, heels, flats, etc. You cannot run out onto a field, court, scene of an accident, or get to a patient quickly if you have inappropriate shoes. Uniforms **MUST** be worn for field trips, even if the field trip day is on a Friday. When a student **DOES NOT** wear their uniform to class, this will result in a loss of points towards his or her grade. **\*\*\*If EVERYONE in the class wears their uniform daily (Monday-Thursday), Friday will be a casual dress down day. AS LONG AS ALL CLOTHING IS WITHIN SCHOOL DRESS CODE AND APPROPRIATE.**

**Safety Guidelines**

There will be no horseplay in the classroom/lab area. There is not enough room to play around in the classroom safely. There is also a lot of expensive equipment in the room that can get damaged with horseplay, even if it is an accident. While performing lab skills in the classroom, we must act in a professional nature. We wouldn't want immature individuals taking care of us or our family members, let's not practice taking care of patients in that manner. Any horseplay or unprofessional actions will result in a "zero" for the day when practicing lab skills. If you are goofing around and get injured in the classroom or lab area, Mr. Friedrich and Erie Public Schools will not be responsible for your injuries.

**There is a safety manual that goes with this lab/shop. There are pieces of information in there that pertain to how you should act in class and when we have lab days. We will be going over this within the first few days of school. There is a test that corresponds with the manual. The first grade that you get is what is recorded in infinite campus, however, you must retake the exam until you get a 100%.**

**Lab Skills to be completed:**

- ❖ Vital Signs (blood pressure, pulse, hand washing, temperature, height and weight)
- ❖ Splinting various injuries
- ❖ Vision Testing
- ❖ Various Joint Tapings
- ❖ SOAP/HOPS notes regarding injuries
- ❖ Ambulatory Aid fitting and using
- ❖ Wound care

# **SPORTS MEDICINE AND REHAB AIDE**

## **Class Rules:**

1. Be Respectful.
2. No food will be permitted during class or lab time; drinks will be permitted if we are not having lab time.
3. **NO TALKING** during tests or quizzes.
4. Late assignments will not be accepted for full credit
5. You must ask to use the hall pass.
6. Trash **MUST** find its way to the trash can.
7. **NO FOUL LANGUAGE**
8. Tables and chairs are to be used **ONLY** for their intended purpose.
9. Have fun and it will be a great year!

## **Class Policies:**

1. If you are absent, it is your (the student's) responsibility to obtain any missed work from the instructor.
2. Late assignment credit will be as follows:
  - a. 2 point deduction for the first 3 class periods past due (each 2- block day equals one class period)
  - b. 3 points per day the next 2 class periods past due (each 2- block day equals one class period)
  - c. After 5 class periods (1 full week of school) max credit will be half the point value if and when the assignment is turned in
3. Hall pass will be signed out during a lecture **ONLY** if it is an emergency. Do not abuse the pass. The amount of time on SmartPass is plenty of time to use the bathroom and get back. Behavior continuum will be used if the SmartPass is abused.
4. During anatomy and physiology and medical terminology, we will be going over skin diseases, the reproductive system and other systems of the body. The students will see pictures of penises, vaginas, STDs, skin diseases, bone fractures, etc. **I will expect the students to behave appropriately and use appropriate terminology in class while going over these systems.**
5. Talking during a test or quiz will result in an automatic zero for that test or quiz for anyone that is talking.
6. Tables are **NOT to be defaced in any manner! If this happens, they will be considered minor rules violations on the school district discipline continuum.**

## **Sports Medicine and Rehab Aide Lab Rules:**

1. Respect yourself, peers, and Mr. Friedrich
2. Use equipment **ONLY** for its intended purpose.
3. Absolutely **NO HORSEPLAY** during lab time
4. There will be no open toed shoes during lab. Shoes must be worn at all times and be closed toed and have a good rubber sole.
5. Language **MUST** be of professional nature. (**NO FOUL LANGUAGE**)

## **Sports Medicine and Rehab Aide Lab Policies:**

1. Lab equipment must be used for intended purposes only. Examples: stethoscopes must not be swung around like a lasso and BP cuffs are to be used only when taking another student's blood pressure.
2. You **MUST** pass the safety exam before participating in any lab skills.
3. For any lab skill, the most amount of "sign-offs" per day you can do is 2. You must also practice between sign-offs. Just getting a sign-off and sitting down for the rest of class is not considered lab participation AND WILL RESULT IN LOSS OF PARTICIPATION POINTS.

**SPORTS MEDICINE AND REHABILITATION THERAPY**

**SYLLABUS, SAFETY, AND UNIFORM POLICY ACKNOWLEDGEMENT**

The syllabus, safety and uniform policies presented above are established for the protection and well-being of all students in accordance with the policies of the City of Erie School District. Please review this document with your child and acknowledge below with your signature as well as your child's. If you have any questions or concerns, please feel free to contact the instructor at any time.

Mr. Brian Friedrich

bfriedrich@eriesd.org

814.874.6200

**I have read and I understand this syllabus, safety and uniform policies.**

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

**I have read and reviewed these documents with my child and I give them permission to participate in all activities associated with Sports Medicine. Further, I fully understand that my child will comply with the Sports Medicine uniform policy.**

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

**Phone number where you can be reached:**

Day: \_\_\_\_\_ Night: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Comments / Concerns:**