**Instructor:** Candle Carmichael, ATC, LAT

**Office:** H119/Athletic Training Room

**Class:** F122

**Email:** candle\_carmichael@roundrockisd.org

**Phone:** 512-704-0317

**Class Hours:** “A” Day 2nd or “B” Day 6th (10:42-12:15)

**Website**: <http://crsportsmed.weebly.com/>

**Purpose**: The purpose of this class is to give students the opportunity to learn about the field of sports medicine through the application of both classroom and hands on experience. To gain an understanding of the field of athletic training, as well as developing basic skills in the areas of anatomy, athletic injuries, prevention and treatment.

**Course Objectives**:

1. Knowledge of the body’s anatomical structures and functions.
2. Awareness and understanding of the basic injury prevention and management techniques employed in sports medicine.
3. Application of various taping, bandaging, and strapping techniques used in sports medicine.
4. Awareness and understanding of terms used in sports medicine including types of injuries and illnesses.
5. Awareness and understanding of various issues related to sports medicine and athletic injuries.

**Class Information**: In the class itself, the students will learn about the field of sports medicine and athletic training. Students will be taught information about first aid, anatomy of major joints of the body, mechanisms of injuries, rehabilitation of injuries; ways to prevent injuries, how to tape various injuries, and how to deal with things such as heat illnesses and emergency procedures.

**Class Expectations**: Since this class is considered an elective and has more advanced learning opportunities, there are some different expectations from other classes. Those enrolled are encouraged to be involved in the student athletic trainer/sports medicine program at Cedar Ridge High School. In order to have a true understanding of the role of an athletic trainer, all the students enrolled will be encouraged to participate in after-school practices and games. An important expectation is that all student trainers are STUDENT trainers. In my class, as well as the sports medicine program, having good grades is very important. Student trainers are expected to pass their courses per U.I.L. guidelines. Tutoring is from 6:30am-8:05am and again anytime after school when the athletic training room is open.

Students are expected to come to class, work cooperatively with others, and complete all assignments and projects. It is the student’s responsibility to ask for any missed assignments. All electronic devices will be put away before entering the classroom. No hats will be worn while in class.

**Grading**: The grades for the class will come from class assignments, quizzes, tests, and participation both in class and after school on assigned days. There will also be a project once each semester. The grade scale is as follows:

1. Daily work/homework/Quizzes (30%)

2. Tests/ Project (35%)

3. Participation (21%)

4. Six Weeks Exam (14%)

If at any time, a student has problems or concerns please feel free to talk to me about the problems or concerns. I will do what I can to help with the situation. I will also be happy to discuss any concerns with parents if needed.

**Observations:** You will be required to attend 7 athletic events per semester in which you will be participating by shadowing an Athletic Trainer. At least 4 of the events will be a practice situation and they can not be of all the same sport. A half page summery will be turned in for each viewing stating what was observed in the activities for that day. Be sure to include information about any treatments or injuries that were observed.

**Health Summaries:** Search journals, newspapers, magazines, and the internet for articles that mention athletic training, certified athletic trainers, or an injury discussed in class. **You must turn in a copy of the article**!!! The purpose of the summaries is for you to see how the material covered in class, is applied in real life. The due dates for these 3 summaries will be discussed at a later date. Each summary must be at least one page in length and include:

1. Where the article was found
2. A summary of the article
3. Your opinion of the article (i.e., Do you agree with the article? Did you learn anything new? Is the information in the article different/same as what you learned in class?)