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# Advanced Athletic Training

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**Berean Christian High School**

**Instructor:** Ms. Mariann Naoom

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## **Course Description:**

This course is designed to connect the instruction of anatomy, physiology, biomechanics, and English to concepts in Athletic Training and allied health professions. This strategy will involve problem-solving tasks related to Sports Medicine. The goal of this course is to instill the students with the understanding and skills associated with the physiological processes involved in athletic injury and their management.

Sports Medicine will provide laboratory experiences and projects that incorporate academic skills, analytical thinking, and research. The students will put these skills to practice in a classroom laboratory environment as well as on-field experiences. Although the course is for a letter grade, there are set competencies students must complete in order to receive credit. The process will be further discussed throughout the course.

Students in the advanced class will take on more responsibility in the implementation of care for the athletes, as well as taking on leadership positions during sports event coverage. They will be involved with the athletes during the prevention, injury and recovery periods. They will potentially have guest speakers to enhance their knowledge and understanding of different medical professions that they may be interested in pursuing.

## **Course Objectives:**

Students will demonstrate and provide knowledge of interpersonal skills, safety procedures, basic anatomy and physiology, injury prevention, mechanisms of injuries, injury care, injury recognition and physical assessment, rehabilitation and recovery, therapeutic/preventative taping skills, and health related job skills.

## **Required Text and Other Supplies:**

- Prentice, William E. *Principles of Athletic Training: a Competency-based Approach*. New York: McGraw-Hill Higher Education, 2013. Print.
- Students will also need a 3-inch Binder, Lined Paper, Pens, Pencils, Highlighters, Colored Pencils, Flashcards, Athletic Attire and Khakis. They will need to purchase a class polo and possibly a jacket. I will inform the students ahead of time if they need anything else.

## **Class Rules:**

1. Most importantly honor the Lord.
2. Respect self, others, and property.
3. Be on time and be prepared.
4. Listen and follow directions.
5. Complete responsibilities on time.

## Assignments and Grading:

- **Interactive Binders (20%):** All class notes and materials will be placed in this binder; students MUST have their binders for each class to participate and receive credit. There will be binder checks.
- **Participation (5%):** Students will earn credit based on their participation in class and during their volunteer hours. It will be based on willingness to learn and willingness to serve. The students will have starters at the beginning of each class that will review prior lessons and introduce new material. It will only be provided for the first several minutes of class. Once it is removed it cannot be made up, so the students must be on time to class. The student can speak to the teacher about a make-up starter only if there is a valid excuse for tardiness.
- **Athletic Training Room Hours (25%):** This is one of the most important parts of the course. This will give the students practical experience in the Athletic Training field and will give them something to place on their resumes. Students will need to provide 20 volunteer hours in the Athletic Training Room over the course of the semester. Students must be in khakis (shorts/pants), polo, athletic shoes, and jacket if necessary.
- **Quizzes and Exams (25%):** Exams will be given each semester following at least two quizzes. They are made up of multiple choice, True/False, and short answer/identification questions. There will also be at least two Oral Practical Exams given during the year. You will be instructed in skills and techniques and will have to demonstrate and present these skills and knowledge as part of the assessment for this course. All students must wear appropriate athletic/active clothing to all labs.
- **Homework & Projects (25%):** Homework will be assigned as necessary to introduce or review material. The students will complete a gait project independently and an injury short-film in a group. The students will be informed in advance of any other projects.

***\*Assignments and Tests are subject to change at the teacher's discretion.***

**Grading Scale:** Each assignment and exam given will be given on a point system equivalent to percentages. Grading is as follows:

100 – 90% = A  
89 – 80% = B  
79 – 70% = C  
69 – 60% = D  
59% and below = F

***\*Extra Credit opportunities will be given throughout the school year at the teacher's discretion, but only if all assignments have been completed.***

**Late Work:** Will not be accepted unless there is prior permission from the teacher.

**Absences:** Please see Parent-Student Handbook.

**PLEASE SIGN AND RETURN TO MS. NAOOM BY FRIDAY AUGUST 23, 2019**

*Miss Naoom may need to text with students about class related issues: last minute changes in game time/ location, etc. All other information shall be sent through email. Please let me know if you have any concerns about that and we will figure out what works best for you, thanks!*

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Email: \_\_\_\_\_

Student Cell No: \_\_\_\_\_

**PLEASE CHOOSE THE ONE THAT APPLIES TO YOU:**

\_\_\_\_\_ I have read, understand, and AGREE with the BCHS Athletic Training Class syllabus.

\_\_\_\_\_ I have read and understand the Athletic Training Class syllabus, BUT I have a question or concern.

Parent/Guardian Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

Student Name: \_\_\_\_\_ Student Signature: \_\_\_\_\_

Please provide two contacts in case of emergency at an event, and so I can put you on the class email list so you'll stay informed (gmail is preferred, but not necessary).

Parent/Guardian Name: \_\_\_\_\_

Relation to Student: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

Preferred Method of Contact Outside of an Emergency: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Relation to Student: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

Preferred Method of Contact Outside of an Emergency: \_\_\_\_\_