



Deer Valley Unified School District No. 97

25250 N. 35th Ave, Phoenix, AZ, 85083 623-445-7100 623-445-7180 (Fax) sdohs.dvusd.org

Introduction to Sports Medicine/HES154/HES271201202021

Course: Intro to Sports Medicine/HES271/HES154 Voicemail: 623-445-7389
Teacher: Melissa Portela email: Melissa.portela@dvusd.org
Room: 851 Prep Hour: 6 Web Page/Canvas Site: dvusd.instructure.com
Tutoring Hours: Monday, Tuesday, Friday 6:30-7:30am



Department Mission Statement:

The mission of the CTE Department is to provide students with opportunities, skills, and experiences that can be applied to their future career path.

Official Course: Introduction to Sports Medicine

- ¾ The Introduction to Sports Medicine course is a year-long course, in the Career & Technical Education Department (CTE), designed for students who are interested in fields such as athletic training, physical therapy, medicine, nursing, fitness, physiology of exercise, kinesiology, nutrition, EMT, and other sports medicine related fields. It is offered as a work-based learning course to provide students with an avenue through which to explore these fields of study.
- ¾ This course focuses on the basic information and skills important in the recognition of, care, prevention, treatment and rehabilitation of athletic injuries. Students will also learn anatomy and emergency care. The course includes class work and hands on application, along with developing professional skills utilized in the health care setting.
- ¾ There is an opportunity to earn college credit through the Maricopa Community Colleges-Rio Salado, through our Dual Enrollment program. There are two classes, for 3 credit hours each.
- ¾ Each student will be required to spend a minimum of 20 hours observing a Health Care Professional in a health care environment. There will be a minimum of 10 hours assigned per semester, outside of regular class time. These assignments consist of observation and/or practicing skills in one or more of the following venues:

great opportunities for leadership conferences, competitions, and scholarships. There may be additional fees to participate in some of the out-of

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and Rehabilitative Therapies. Both can be found at <http://www.azed.gov>

Sports Medicine & Rehabilitation Standards:

1. Use Medical Terminology as applied in Health Care 11 0 0 1 299.2*299.2*299.2*299.2*
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6. Assess the Impact of Injuries, Sports Trauma, & Physical Dysfunctions & Disorders
7. Apply Therapeutic Exercise, Training & Reconditioning
8. Demonstrate an Understanding of Therapeutic Interventions & Pain Management
9. Apply Psychological techniques to Physical performance, injury evaluation & rehabilitation
10. Demonstrate Healthcare Organization & Administration Activities

The Dual Enrollment competencies for Rio Salado (HES271) that are covered in this class:

1. Describe the anatomy and physiology of the joints of the body most likely to be injured in sports activities. (I)
2. Describe signs and symptoms of common athletic injuries. (I)
3. Wrap or tape the joints correctly for preventive purposes. (II)
4. Stabilize an injured part and perform simple reconditioning techniques, using massage, cryo-therapy, and hydro-therapy. (II)
5. Perform simple analysis of an injury, identify its nature, and determine appropriate treatment. (III)
6. Describe the historical and philosophical background of the athletic trainer's role and purpose within the sports medicine team. (IV)
7. Describe contemporary issues in sports medicine, such as environmental illnesses, nutrition, strength and conditioning, protective equipment, and special populations. (V)
8. Describe legal complications to an athletic trainer's work. (VI)

The Rio Salado competencies for the (CPR/First Aid HES154) option of this class:

1. Describe the responsibilities of a first aider and the legal aspects of emergency medical care. (I)
2. Identify the basic steps of a proper victim assessment. (I)
3. Perform the initial steps of basic life support, including opening the airway and restoring breathing through artificial ventilation. (II)
4. Define cardiac arrest and identify its causes. (II)
5. Apply CPR on adults, children, and infants. (II)
6. Utilize an AED on an adult victim. (II)
7. Demonstrate techniques for treating various wounds, injuries, shock, poisoning, burns, sudden illness, environmental (heat/cold) emergencies) and emergency rescue. (III, IV, V, VI)

Course Materials

Books Sports Medicine Essentials 2nd edition text (this will be supplied by the school for in-class use)

Make-Up Work

Upon return to class after an excused absence, a student has one school day for each day missed to make up work/test assigned during his/her absence regardless of the number of days absent. , W L V W K H V W X G H Q W ¶ V U H S R Q V L E L O L W \ W R F
return for work missed. Teachers may choose to schedule an appointment with the student to formulate a plan for the completion of make-up work. Coursework and assessments assigned prior to the absence(s) may still be due on the date assigned or due on the first day that the student returns to class.

Make-up work for extended absences may be requested through the Counseling Office and picked up there.

It is entirely the student's responsibility to find out what assignments they have missed, and turn them in within the allotted time. Frequently checking canvas

