

# Sport Medicine 1

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- **Welcome to Sports Medicine!** This course is designed to instruct identification, treatment, rehabilitation, and prevention of athletic injuries and illnesses.
  - Students will be able to recognize common athletic injuries and illnesses
  - Students will be able to recognize signs & symptoms of environmental conditions and hazards as well as emergency medical situations.
  - Students will obtain a basic knowledge and understanding of human anatomy and associate it with the care and prevention of athletic injuries.
  - Students shall demonstrate appropriate use of preventative and protective taping, wrapping, and bracing skills.
- **Supplies:** Pen/pencil, notebook, folder/binder to keep it all in
- **Conference:** 3<sup>rd</sup> period (9:40-10:30am)
- All classwork will be done during the class period. NO HOMEWORK!
- **Late assignments:** Assignments turned in late will be deducted 5 points each day after the assigned due date. This should not be a problem because all work will be completed in class.
- **Make up work:** Students are required to ask for missed assignments the day they return to class and ask a fellow classmate for the missed notes.
- **Cell Phones:** All electronic devices will be placed in the numbered slots by the door during class.
- **Cheating/Plagiarism:** NOT TOLERATED! Cheating earns a zero on the assignment and automatic discipline referral
- **Sports Medicine Course Outline:**
  - The Concept of Sports Injury
  - The Athletic Health Care Team
  - The Law on Sports Injury
  - Sports Injury Prevention
  - The Psychology of Athletes and Sports Injury
  - Nutrition
  - Emergency Plan and Initial Injury Evaluation
  - The Injury Process
  - Injuries:
    - Head, Neck & Face; Back; Shoulder; Arm, Wrist, Hand; Chest & Abdomen; Hip/Pelvis; Upper & Lower leg; Knee; Ankle & Foot; Skin conditions; Thermal injuries; Adolescent Athletes