

Athletic Training I

The Mission of Hermon High School is to prepare students for personal success in college, work, and community.

Year of Course: 2017-2018

Location: 144

Instructor: Megan McCarthy

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Welcome Message: Welcome to Athletic Training I. This course is designed to provide you with the understanding of health topics and how to provide care for recreational or competitive athletes. This class will be a building block and provide crucial information that can be used in your future. You will learn basic first aid, how to prevent and manage a variety of injuries.

Notes to Parents: I look forward to aiding your child in the learning process. Please feel free to contact me if you have any questions or concerns regarding your child's progress.

Course requirements: Sophomore, Junior, or Senior status

Course Description: This course is offered as an introduction to the field of athletic training and other allied health professions. Students deciding to enroll in this course will be given the opportunity to become CPR certified through the American Heart Association. Students will gain knowledge on how to evaluate, provide proper treatment and manage athletic injuries. Students will also learn how strength training plays an important role in the rehabilitation process.

Textbook: *Essentials of Athletic Training 5th ed., Arnheim and Prentice. McGraw-Hill, copyright 2002*

Rationale: This class provides students with resources and a basic understanding on how to assess, manage and treat athletic injuries while also having the skill set of how to perform CPR. Athletic Training I will allow students to gain information they can apply

throughout their lifetime as a recreational athlete, parent, coach or healthcare professional.

Standards:

2007 Maine Learning Results *Physical Education and Health*
E. Communication and Advocacy Skills: Students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.
I. Personal, Social Skills and Knowledge. Students demonstrate and explain responsible personal behavior and responsible social behavior in a physical activity setting.

HHS Academic Expectations: This course will be focused on the following academic expectations:

1. Students will be able to communicate clearly and effectively in written, oral and visual forms.
2. Students will be able to solve problems creatively and practically.
3. Students will be able to integrate technology into their learning.
4. Students will be able to develop a plan of action for the future.

For a complete list of the academic expectations or to view the school-wide rubrics, please click on the Academic Expectations link on the Hermon High School website: www.hermonhs.org

Class expectations:

Attendance: Attendance is important because there is not a substitute for being in class. Students who miss class generally have difficulty learning the material and often leads students to do poorly in the class. In some rare cases it is unavoidable to miss class. It is the responsibility of the student to obtain notes and assignments missed and to hand in make-up work by the time specified by the instructor.

Class Participation: In order for the instructor to evaluate the students' progress, it is pertinent for each student to participate in class activities and discussions. Student participation will be taken into account for the students' overall grade.

Behavior: All students are expected to be respectful of teachers, classmates, administrators, custodians and other school staff.

Daily Materials: Each student is required to maintain an athletic training 3-ring binder for class notes, handouts, etc. The student is expected to bring his/her notebook, textbook, paper and pen or pencil to class every day.

Attire: During specific taping/wrapping labs it will be necessary for students to wear shorts and a t-shirt. These days will be

announced and students will be given an opportunity to change at the beginning and end of each class.

Homework Policy:

1. Homework is expected at the start of class on the date due with the following exceptions:
 - a. If present on the day an assignment was given out, but absent on the day it is due, the work should be passed in on the FIRST DAY back in class.
 - b. If you are absent on the day an assignment is given, the work is due on the SECOND DAY back in class.
 - c. If there is an extended excuse absence, make-up work is due ONE WEEK after student returns class.
2. Late work receives a zero grade. There is NO MAKE UP for late work.
3. There is no replacement credit for missed or low scored work.
4. Tests or practicals missed because of an absence will be made up within ONE WEEK of the original date.
5. Skipping class results in a zero grade for all the day's work, with no chance for make-up.

Grading:

Tests, lab practicals, or projects: Students will be assessed with written tests, lab practicals which assesses a student's ability to perform athletic taping and wrapping, and an individualized research project on athletic injuries.

Quizzes: All quizzes will be announced. Quizzes cover the most recent reading assignment, class notes, medical terminology, and other presentations.

Homework: Medical terminology and other vital injury management concepts are learned through written work.

Binder: Students will be graded bi-weekly on their binders. Students must have a 3-ringed binder that contains dividers for all information, class notes, handouts, returned tests/quizzes, etc. The binders will be assessed based upon organization, neatness and thoroughness.

Class participation: Students will be assessed bi-weekly on class participation in discussions and during athletic taping and wrapping practices.

Academic Integrity:

Each student in this course is expected to abide by the Hermon High School Handbook Code of Conduct. Any work submitted by a student in this course for academic credit will be the student's own work.

Cheating:

Whether a student gives or receives information during an examination or on an assignment, the offense is the same. Both the student who copied work from another student and the student who gave material to be copied will automatically receive a zero for the examination or assignment. In addition, any student referred to the office for cheating will be subject to progressive disciplinary action ranging from detention to suspension.

Plagiarism:

Plagiarism is the willful act of copying someone else's work or idea and presenting said work as your own. – this includes failure to cite said work. Plagiarism will not be tolerated. Students will receive a grade of a zero for plagiarized work. In addition, any student referred to the office for plagiarism will be subject to progressive disciplinary action ranging from detention – suspension.