

Benjamin Franklin High School

Intro to Sports Med

COURSE INSTRUCTOR:

Amber R. Herr, AT, ATC
Head Athletic Trainer, Benjamin Franklin High School
Graduate Student, Arizona School of Health Sciences, A.T. Still University
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COURSE MATERIALS:

1. Gloves*
2. Taping/ bracing materials*
3. National Athletic Trainer's Association Position Statements
<http://www.nata.org/news-publications/pressroom/statements/position>
4. Class Readings*

*Will be provided in class

Course OBJECTIVES:

1. Understand the basics of athletic training and what athletic trainers are responsible for on a daily basis.
 2. Learn basic anatomy and physiology
 3. Learn the basics of injuries & how to treat them
 4. Learn basic taping techniques
 5. Hydrate student-athletes during competition
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EVALUATION/ GRADING:

This course will be graded based on points earned on tests/ quizzes (20%), practical's (30%), homework (20%) and participation (30%). All assignments will be assigned with more than enough time to complete prior to the due date.

A= 90%/ Pass
B= 80%/ Pass
C= 70%/ Pass
D= 60%/ Pass*
<D = Fail

*If a student has a grade lower than a C after the mid-term exam, he or she is not permitted to participate in practice or games until he or she improves his or her grade to a C or better.

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COURSE POLICIES:

Attendance in class is MANDATORY in order to participate in practices/ games. Practice days will be randomly assigned on a weekly basis for the first few weeks to get everyone oriented. After that, students will be able to pick their weekly day on a first-come, first-serve basis (i.e. Joe Smith does practice every Monday). Students are required to participate in 1 practice & 1 game per week (when there are enough games). Students must prove efficient in skills during class before being permitted to perform them at practice or at a game.

Per school policies, no phones will be permitted. THE FIRST OFFENSE RESULTS IN YOUR PHONE BEING TAKEN, REQUIRING PARENTS TO RETRIEVE IT FROM THE SCHOOL.

IF you are a student-manager, athlete of another sport OR have other school-related activities, please notify me within the first week of class so that we may compensate your schedule to still permit you to act as a sports-med student during practices/ games.

All assignments are due at the BEGINNING of class on the due date. Any late assignment will result in a letter grade reduction each day past the due date. If it is not turned in within 3 days of the due date, it will result in a ZERO "0", NO EXCEPTIONS unless prior arrangements are made.

If there is an emergency situation and you need an extension on an assignment, please notify the instructor in writing (email is fine) to request an extension.

A WEEKLY CLASS SCHEDULE WILL BE GIVEN OUT AT THE BEGINNING OF THE SECOND WEEK OF CLASS