



SportsTherapy

2009-2010 Student Handbook

Instructor

Mrs. Lehua Lee, ATC, M.Ed.



Statement of Purpose

This course is designed to provide related instruction and community training for students preparing for jobs in sports medicine including physical therapy, chiropractic, occupational therapy, athletic training, massage therapy, personal training, as well as other jobs in the health and fitness industry. Students will receive heavy academic instruction in human anatomy and physiology. The class will provide students with a fundamental understanding of the sports and health related fields, thus aiding them in career decisions.

** An ROP course is the transition form the traditional classroom to the world of work. The policies and regulation reflect the demands of both.

Text:

Arnhiem, Daniel. *Principles of Athletic Training*, Seventh/Eighth Edition.
St. Louis, MO: Mosby Year Book Publishing.

Arnhiem, Daniel. *Essentials of Athletic Training*, Forth Edition. Los Angeles,
CA: McGraw-Hill Companies.

Areas covered in class

- Anatomy/Physiology
- Medical terminology
- Therapeutic modalities
- Rehabilitation techniques
- Emergency procedures
- Care and prevention of injury
- CPR and 1st aid
- Nutrition
- Physical fitness
- Taping and wrapping techniques

Requirements

- Students enrolled in the 2-hour class must provide their own transportation to community classroom sites.
- A background in biology and/or anatomy is helpful, but not required.
- A positive attitude and willingness to work.

Career Advancement Benefits

- Students will gain hands-on experience in the sports therapy field.
- Ability to work as a Physical Therapy Aid or Personal Trainer Assistant.
- Gain clinical experience hours/experience which are needed to apply to many professional programs.
- Determine if this is the career path of your choice.

PROCEDURES

Campus

This campus is our responsibility. Dispose of all trash in the garbage cans located in each wing. Do not dispose of any food items or cans in the classroom trash cans. This will help keep ants out of our classroom. This is a non-smoking campus. Students are not allowed to smoke anywhere on campus. All students must park in the back parking lot.

Classroom

Please keep the classroom neat and organized. If desks or chairs are moved for any class activity, please return them to their original location. Books should be returned to the proper place following use. Do not leave scraps of paper, candy wrappers, or anything else lying around your desks. **THERE ARE NO CLEANING PEOPLE PICKING UP AFTER YOU!**

Materials

- ❑ 3-ring binder (this is a significant portion of your grade—see breakdown of points)
- ❑ dividers for binder
- ❑ special materials may include calculators, tank tops, shorts etc. Students will be informed of special required materials before the class session in which they are needed.

Class rules

Since this is an ROP class this classroom will be treated as a business environment. Profitability in the industry is related to dollars made. In the classroom, our profitability is learning.

In order to be “profitable” in the classroom, the following rules will be adhered to:

1. Come to class on time and with a positive attitude.
2. Be prepared with notebook, paper and pen/pencil.
3. No eating or drinking in classroom (with the exception of bottled water).
4. No profanity
5. Respect the right of other’s to learn and of me to teach.
6. No cheating!! (will receive 0 credit)
7. Relax, have fun and learn!!

Grading

Everyone starts with an A! It is up to you to keep that grade. The major part of your grade will be from exams, both written and practical/hands-on as well as homework, class work and class notebook.

Work Ethic

You will be graded on your work ethic. Each student has the possibility to gain 3 pts per day if you show up to class on time, bring materials for class, and participate in class. If you show up late, or leave early, you will lose 1 point. If you do not participate in class, either class discussion or lab activities, you could lose 1 or 2 more points. Participation in class includes bringing materials with you for class! These points cannot be made up! You must also be in class to receive points. If you are absent you will lose all 3 points for that day.

Class binder

- ❑ Every student is expected to have a separate 3-ring binder for this class.
- ❑ The binder must be organized using dividers into sections for each unit.
- ❑ All course materials (notes, handouts, returned assignment, etc.) must be kept in the binder until the end of the course.
- ❑ The binder checked periodically. This may be done announced or unannounced.
Therefore, the notebook must be kept up-to-date and brought to every class!!!

In-class assignments

- ❑ All assignments are due on the day announced. Late material will not be accepted unless there is an excused absence. Work missed during an unexcused absence will receive only half credit. All make-up work must be turned in within a week of returning to class.
- ❑ It is the student's responsibility to find out what material was missed during an absence and to make it up. For example, copy the notes from a classmate, check the bulletin board or web site for missed assignments, and check the file box for missed assignments.
- ❑ Work must be neat and professional to receive full credit.

Breakdown of Points for Irvington Class1st semester:

Work ethic	20%
Notebook checks	20%
Assignments/labs	20%
Quizzes	20%
Nutrition project	15%
ROP portfolio	5%

2nd semester:

Work ethic	20%
Notebook checks	20%
Assignments/Labs	20%
Quizzes	20%
Case Study	5%
ROP Portfolio	15%

Breakdown of points for 2-hour class1st semester

Work ethic	20%
Nutrition project	15%
Notebook checks	20%
Assignments/Labs	20%
Quizzes	20%
ROP portfolio	5%

2nd semester

Work ethic	20%
Case Study	10%
ROP portfolio	15%
Assignments	10%
Supervisor evaluations	20%
Time cards	15%
Community classroom packet	10%

Grading Scale

A= 100-93%	A- = 92-90%	
B+ =89-87%	B = 86-83%	B- =82-80%
C+ = 79-77%	C = 76-73%	C- = 72-70%
D+ = 69-67%	D 66-63%	D- = 62-60%
F = below 60 %		

**** To be eligible for second semester internship, you must have a C grade or better in the first semester****

Attendance

Attendance is mandatory!! In the job situation, you are expected to report to work everyday on time. In ROP, you are expected to attend class each class day. If you are going to miss a test day, prior notice should be given. Make up exams will be in essay form. Please check the ROP calendar against your home school calendar. The ROP serves 3 districts, so teacher work days and vacations vary. You are expected to attend according to the ROP calendar, not your home school.

This is a variable credit course. You will be given a sheet to track your hours in class. If you are absent, I must receive the excuse from a parent or guardian (written or by phone to above number) on the day you return to class or the absence will be considered unexcused. If an excuse is taken to your home school, a second excuse (or a copy) must be given to me. Excused absences include: illness, Medical Emergency, Death in the family, or legal obligations.

If you are absent it is your responsibility to find out what you have missed. Handouts and class work are kept on the table by the door. Make sure you pick up these handouts at the **beginning** of your first day back.

Make up Hours

Make up hours will be determined on an individual basis.

Certificates

In order to receive a certificate of completion for the course, you must attend 80% of class hours and complete all assignments and tests during the year. You must also earn an average grade of at least 80%.

Sports Therapy Expectations

10 point assignment

Must be signed and returned to instructor by _____

Student

I have read and understand the procedures listed in the Sports Therapy course syllabus. I agree to come to class on time and prepared, abide by the rules and policies, and be courteous and respectful in order to have a positive learning environment for myself and classmates.

Student Signature

Date

Parent

I have read and understand the procedures listed in my son/daughter's Sports Therapy course syllabus. I will ensure my son/daughter will abide by the rules and policies in order to have a positive learning environment and have every opportunity to succeed in the course

Parent Signature

Date