

Athletic Training and Sports Injury Syllabus

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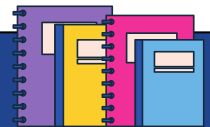
Mrs. Makovicka



Course Description

This course introduces students to the fundamentals of athletic training, injury prevention, care, and rehabilitation. Students will explore the anatomy of the human body as it relates to common sports injuries, learn first aid and taping principles, and understand the professional roles of athletic trainers and other sports medicine personnel. Through hands-on practice, students will apply skills for prevention, recognition, treatment, and management of athletic injuries.

Supplies



Chromebook	Folders (provided)	Athletic Tape (provided)	Writing Utensil	Notebook
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Course Grading

A+

Grading Scale

100% - 93% = A
92% - 86% = B
85% - 78% = C
77% - 70% = D
69% - 0% = F

Types of Assignments

- Unit quizzes and tests
- Anatomy Labeling and Identification
- Discussions/Presentations
- Practical Skill Assessments (taping, wrapping, first aid)
- Projects and Final Project



Course Objectives

By the end of this course, students will be able to:

- identify common sports injuries by body region and mechanism.
- describe basic anatomy and function of major body parts related to athletic injury.
- demonstrate proper prevention, care, and basic taping or wrapping techniques.
- explain the immediate treatment process for acute and chronic injuries.
- recognize symptoms of serious injuries such as concussions or spinal trauma.
- understand the professional responsibilities of an athletic trainer and the sports medicine team.
- discuss the importance of nutrition, hydration, and conditioning in injury prevention.

Classroom Procedures & Expectations

Entering Class	Class Materials
<ul style="list-style-type: none">• Be in your seat and phone in the box when the bell rings.	<ul style="list-style-type: none">• Bring all materials listed on the first page of this syllabus.• This includes a charged Chromebook and charging cable.• If you finish work early, you can use your chromebook to find something else to do or complete other homework that you may have.
Cell Phone	Smart Pass
<ul style="list-style-type: none">• Keep your cell phone out of sight unless permission is given for class work. Use the phone box.• Ensure ringer and notifications are silent.• First violation: Phone taken for the rest of class.• Second violation: Phone taken for the day.• Third violation: Phone sent to front office and parent/guardian contacted.	<ul style="list-style-type: none">• If possible, use the restroom between classes.• No more than one student will be allowed out of the room at a time.• Use SmartPass AND ask permission• Make sure to end your pass when you return.
Expectations	Leaving Class
<ul style="list-style-type: none">• Be respectful to all classmates and equipment• Participate actively in discussions and labs.• Complete all assignments on time.	<ul style="list-style-type: none">• You will be given two minutes to pack up at the end of class.• Do not pack up early or gather by the door.• If you must stand, stand by your desk.• You will be dismissed when the bell rings.

Units

Intro and Terminology	Injury terminology for documentation, SOAP note, HOPS note.	Understanding the sports medicine field.
Concussions	Concussions and brain injuries, facial and dental injuries, concussion protocol and return to play.	Treatment, Prevention, and Rehab
Spinal Injuries	Cervical, Thoracic, and Lumbar spine injuries, common neck and spine injuries, spinal precautions and proper movement.	Treatment, Prevention, and Rehab
Shoulder/Arm	Shoulder anatomy, common injuries, strength and flexibility exercises.	Treatment, Prevention, and Rehab
Wrist/Hand	Anatomy of upper extremity, common injuries, taping procedures.	Treatment, Prevention, and Rehab
Pelvis/Groin	Anatomy and movement, strains, contusions, flexibility and strengthening.	Treatment, Prevention, and Rehab
Hip/Knee	Anatomy, ACL, PCL, LCL, MCL, meniscus, strains, bracing, rehab, and surgery.	Treatment, Prevention, and Rehab
Lower Leg/Foot	Anatomy of ankle and foot, Sprains, Fractures, Shin Splints, Stress Fractures, Taping	Treatment, Prevention, and Rehab
Sports Nutrition	Macro/Micronutrients, Hydration Strategies, Energy Balance for athletes.	Nutrition's role in performance and recovery.
First Aid	Medical emergencies, first aid that can be provided by you, what to use and when to use it.	Mechanisms of injury and immediate care
Final Project	All of the above	All of the above

Nebraska Health Education Standards covered:

HE.HS.2- Analyze the influence of family, peers, culture, media, technology, and other factors on health behavior

HE.HS.3- Demonstrate the ability to access valid information and products and services to enhance health

HE.HS.7- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce the health risks.

HE.HS.8- Demonstrate the ability to advocate for personal, family, and community health.