



**GRADE 11**

# Sports Medicine

## SD34 Abbotsford

Sports Medicine is a senior level course for grade 11 and 12 students interested in sports, fitness, recreation or fields such as: athletic training, physical therapy, medicine, fitness, physiology of exercise, kinesiology, nutrition, sports psychology, and other sports medicine related fields. The course includes classwork and practical, hands-on applications in the following areas: prevention, treatment and rehabilitation of sports injuries, emergency procedures, and sports medicine careers.

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**Credits:** 4

**Approval Date:** Dec 2018

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**Hours:** 120

**Trax Code:** YAH

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## GOALS AND RATIONALE

To develop specific skills to diagnose, treat & prevent sports-related injuries. To learn appropriate communication skills when dealing with injured athletes. Students will understand how large the field of sports medicine is and what careers are associated with this field. Students will reflect on their personal nutrition relative to their activity levels. Students will come to understand the injury and setback grief cycle when dealing with an injury.

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## BIG IDEAS

Sports medicine includes a variety of careers due to the broad nature of the field. Understanding the musculoskeletal system aids in understanding the nature of injury. Proper nutrition and sports psychology play an important role in treatment and prevention of injury. There are commonalities in injuries throughout the body. There are a variety of treatment and rehab methods to address specific injuries.

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## ADDITIONAL INFORMATION

Students will identify the essential components of an effective sports medicine program. They will explore career options & research websites to increase their knowledge of professional organizations & associations of various sports medicine professions. Students will learn & demonstrate basic injury treatment & taping procedures, as well learn about appropriate strength & conditioning rehab programs for specific injuries. Meaningful methods of inquiry, interpretation, demonstrations, & presentation