



GRADE 12

Sports Medicine

SD34 Abbotsford

Sports Medicine is a senior level course for students who have completed Sports Medicine 11 and are interested in sports medicine related careers and wish to further develop their skills while completing a minimum of 25 hours of practical experience. 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.

Credits: 4

Approval Date: Dec 2018

Hours: 120

Trax Code: YAH

GOALS AND RATIONALE

Students will: refine specific skills to diagnose, treat & prevent sports-related injuries; further develop communication skills when dealing with injured athletes (asking appropriate questions & interpersonal skills); make connections to various sports medicine careers through their practical experiences; further develop core competencies as they gain experience in injury treatment and prevention; develop levels of empathy as they interact with athletes who have sustained an injury.

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.

ADDITIONAL INFORMATION

They will explore career options to increase their knowledge of professional organizations & associations of various sports medicine professions through a job-shadow opportunity. Students demonstrate basic injury treatment & taping procedures, as well as appropriate strength & conditioning rehab programs for specific injuries while on their practicum. The course supports the student learning through methods of inquiry, interpretation, demonstration, & presentation of a variety of skills.