



GRADE 11

Sports Medicine 11

SD78 Fraser-Cascade

This course introduces students to the various facets of sports injuries, first aid care, training room management, physical and mental performance, and professions related to sports medicine. Due to a variety of dimensions associated with sports medicine, the class will incorporate subject areas such as nutrition, sports psychology, anatomy, physiology, first aid, and prevention and rehabilitation of sports injuries.

Credits: 4

Approval Date: Mar 2020

Hours: 120

Trax Code: YHRA

GOALS AND RATIONALE

In today's world, the sports medicine industry is growing rapidly. Sports Medicine 11 is designed to offer student's knowledge on various career paths and provide knowledge on concepts that could aid them in their future endeavors. In addition, Sports Medicine 11 offers students practical safety techniques that are used in any type of emergency, and also teaches students how to take care of their body physically and mentally for lifelong health.

BIG IDEAS

1. Safety and injury prevention practices allow lifelong participation in physical activities. 2. Understanding how our bodies move and function helps us maximize training and performance goals. 3. Personal choices influence our health and fitness goals.

ADDITIONAL INFORMATION

Course Synopsis cont': Instruction will utilize such processes as guided discovery, problem solving, Independent School research, practical labs and application of acquired skills for field simulations and situations.