



Sports Medicine: 10/20/30

Teacher Contact Info

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Course Description:

Students in Sports Medicine can expect to study a variety of concepts that will pave the pathway to a vast array of challenging and rewarding careers in health care, kinesiology, medicine, and the like.

Some of the concepts covered will be as follows:

- Human anatomy and body system functions
- Supporting the health and wellness of individuals in a health care context
- Injury prevention and treatment as well as first aid and CPR
- Physical therapy in a variety of contexts

Course Objectives and Assessment:

As this is a Career and Technology Studies (CTS) course, all curricular outcomes will be drawn from the [Alberta CTS Program\(s\) of Studies](#)

Assessment Breakdown

Competencies – 30% Weight to Final Grading

In CTS at Nelson Mandela the following competencies will be assessed:

Information Management	Students demonstrate this competency when they identify and clarify clear criteria for problems, explore a variety of problem solving techniques, and then select and defend the most viable.
Personal Management	Students demonstrate this competency when they take personal responsibility for their habits and wellbeing. This includes career skills like punctuality and professionalism

	as well as striving for personal excellence.
Communication and Collaboration	Students demonstrate this competency when they communicate clearly and effectively with a wide variety of audiences and peers. It also includes the effective use of communication technologies and the application of strategies to be an effective collaborator in a group.
Innovation and Creativity	Students demonstrate this competency when they take risks when exploring a variety of creative processes. They also adapt and persevere when exploring ways to create value and achieve excellence.
Complex Problem Solving	Students demonstrate this competency when they draw on multiple perspectives, disciplines and resources to select the most viable solution. They also approach all problems with optimism and hope.

Outcomes – 70% Weight to Final Grading

A variety of outcomes fall under the umbrella of each credit module course. Assessments come in a variety of formats and methods. Students should refer to the teacher assessment rubrics, guidelines, and instructions given.

Students need to complete the standard credits for each respective level (10/20/30). For the intermediate and advanced credits, students need to have completed the respective prerequisites. When starting the 20/30 level courses, students will be given the opportunity to complete prerequisite courses as needed.

These are the credits that may be offered in the course, however they may change depending on previously attained CTS credits in other courses.

Introductory Credits

HSS 1010:	Students examine fundamental attitudes, knowledge and skills to prepare for further study in career pathways in health, recreation and community services.
Health Services Foundations	
REC 1020:	Students learn prevention, assessment and management techniques related to injuries that may occur during recreation and sporting events and activities.
Injury Management 1	
REC 1030:	Students explain basic taping and wrapping fundamentals, explore the role of the athletic therapist, identify first-aid supplies, describe common injuries, and apply basic taping and wrapping techniques to various body regions.
Technical Foundations for Injury Management	

HCS 1050: Musculoskeletal System	Students explore the structure and function of the musculoskeletal system, gain an understanding of conditions of the musculoskeletal system and achieve an appreciation for the benefits of practicing a healthy lifestyle as it pertains to the individual, family, peers and community.
HCS 1910: HCS Project A	Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant. Students will obtain this credit through the successful completion of the Level C CPR and AED course offered in conjunction with Certified First Aid.

Intermediate Credits

REC 2020: Injury Management 2	Students learn prevention, assessment and management techniques specifically related to bone, joint and soft-tissue injuries that may occur during recreation and sporting events and injuries.
HCS 2020: First Aid/CPR with AED	Students study and demonstrate first-aid skills and procedures, including cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) for dealing with emergency situations.
REC 2030: Anatomy of Joints	Students evaluate how anatomy affects joint function and stability and analyze mechanisms of injury to predict potential injuries.
HCS 2910: HCS Project B	Students develop time management, communication, interpersonal and intrapersonal skills, through their experiences in the Athletic Trainer program.
REC 2920: REC Project C	Students develop time management, communication, interpersonal and intrapersonal skills, through their experiences in the Athletic Trainer program.

Advanced Credits

REC 3010: Human Movement	Students acquire advanced knowledge and skills necessary for the application of the basic principles of movement and biomechanics to a variety of physical activities.
REC 3020: Injury Management 3	Students analyze prevention, assessment and management techniques specifically related to bone, joint and soft-tissue injuries that may occur during recreation and sporting events and activities.

HCS 3910: HCS Project D	Students develop time management, communication, interpersonal and intrapersonal skills, through their experiences in the Athletic Trainer program.
REC 3920: REC Project E	Students develop time management, communication, interpersonal and intrapersonal skills, through their experiences in the Athletic Trainer program.
HCS 3020: First Responder 1	Students study and demonstrate complex first-aid skills and procedures, including cardiopulmonary resuscitation (CPR) at the health care provider level.

Additional Credits Available

HCS 1060: Digestive System	Students acquire advanced knowledge and skills necessary for the application of the basic principles of movement and biomechanics to a variety of physical activities.
HCS 1070: Respiratory System	Students analyze prevention, assessment and management techniques specifically related to bone, joint and soft-tissue injuries that may occur during recreation and sporting events and activities.
HCS 1080: Cardiovascular System	Students acquire the attitude, knowledge and skills for the promotion and maintenance of a healthy cardiovascular system.
HCS 2050: Nervous System & Senses	Students gain an understanding of training principles and how they affect workout design.
HCS 2060: Endocrine System	Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.
REC 3040: Training and Conditioning	Students gain an understanding of training principles and how they affect workout design.

CPR/First Aid Training

Students will be required to cover the cost of their individual CPR/First Aid training. Please note, the company that provides the courses does make a considerable reduction in cost for students compared to the general public. We recommend students take the applicable training as it provides life skills, adds quality to a career portfolio, and of course, gives them the tools to provide first aid to others in need. Successful completion of the course will yield an official certificate.

If students choose not to enroll, they will be given another assessment to earn the module credit

Course Fees:

- Sports Medicine 10 (Level C CPR & AED) - \$55
- Sports Medicine 20 (Standard First Aid) - \$95
- Sports Medicine 30 (Basic Life Support) - \$65

Athletic Training:

20 & 30: Students at this level will be required to work as an athletic trainer for Nelson Mandela's athletic teams. They will be asked to: schedule when they are unavailable to work 'shifts', commit to the shifts they are scheduled, and communicate changes as needed. This process will ensure the program needs are met and provide students the skills required to work in their respective careers. If students do not commit to this process, they will be at risk of failing the 1-credit module given for their successful completion of said module.

10: Students at this level will be introduced to the concepts of athletic training. They will need to choose one of the following:

- (1) 'Shadow' and be mentored by an athletic trainer for Nelson Mandela's athletic teams
- (2) Complete an alternate assessment related to the concepts of athletic training

Successful completion of either choice will provide assessment towards module completion. We recommend that students take the unique opportunity to be mentored and experience athletic training.

****Families,** some athletic events will be taking place off-site and while at times transportation will be included, it will often be the responsibility of the student to make arrangements for attending these events. However, there will be plenty of opportunities for students to work on-site. In the event your child is unable to attend events outside of regular school hours, accommodations will be made.******

Sports Medicine Fee:

There will be a mandatory fee applied to all students enrolled in Sports Medicine. This fee is applied to cover the cost of the athletic tape and other one-time use medical supplies that the students will be using throughout the semester. The cost varies per level depending on the frequency with which students will be using these supplies. The fee breakdown for each Sports Medicine level is indicated below:

- Sports Medicine 10 - \$45
- Sports Medicine 20 - \$50
- Sports Medicine 30 - \$55

This fee does not cover the costs of fees such as: first-aid courses, field trips. program clothing order.