



Southern Lehigh School District

High School Syllabus

Sports Medicine

2013-2014

Course Description:

The course is designed to provide students the opportunity to gain an understanding of essential topics and concepts in the area of sports medicine. This includes areas of sports nutrition, supplements and ergogenic aids, sports conditioning and injury prevention, careers in sport science-related fields, health/fitness assessment, and cross training

Course Content:

- Careers and Career Choices-Concepts/Basic understandings of opportunities
- Fitness Assessments-Administer and Analyze, Sport Specificity
- Injury Prevention-Athletics/Sports/Recreation, Sport Specificity
- Nutrition-Dietary Requirements, Sport Specificity
- Exercise Physiology/Kinesiology-Analyze energy production, Structure/Function
- Skeletal and Muscular Systems

Required Textbooks and/or Other Reading/Research Materials

none

Course Requirements:

none

Grade Components/Assessments:

Grades will be based on the same grading scale described in the student handbook. Your grade will be based on a point system. Each homework assignment, quiz, class assignment, project, health article, etc. will be assigned a point value. If there is/are none, state so.

Each marking period is worth 20% of a student's overall grade. The midterm and final exam are each worth 10% of a student's overall average:

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|----------------|------------|
| Quarter 1 | 20% |
| Quarter 2 | 20% |
| Midterm | 10% |
| Quarter 3 | 20% |
| Quarter 4 | 20% |
| Final | 10% |

Required Summer Reading/Assignments:

