



Southern Lehigh School District

High School Syllabus

Sports Medicine

2014-2015

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 a weighted categories. The categories percentage breakdown are as follows:

Summative Assessments	40%
Classwork/Homework	30%
Projects	30%

Each marking period is worth 20% of a student's overall grade. The final is worth 20% of a student's overall average:

Quarter 1	40%
Quarter 2	40%
Final	20%

Required Summer Reading/Assignments: