

COURSE SYLLABUS

Course Title: Sports Medicine-Health 11

Textbook(s) & reference materials:

- American College of Sports Medicine
- Focus on Health: McGraw-Hill
- Understanding Your Health-McGraw-Hill
- Health in the New Millennium-Worth

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

Course Requirements: none

Grade Components/Assessments:

- Tests/Quizzes
- Homework
- Projects

Alternative Assessments:

- Job shadow/interview of professional in a sports medicine related field
- Create/implement nutrition plan based on their needs for sport specific training
- Assess fitness level and create appropriate fitness program
- Visitation of sports medicine professional clinic

Pathway:

Students in the health-science pathway or those interested in any health, fitness, physical education, or medical/science field may be interested in this course of study.

Required Summer Readings: none