

1506003A
Athletic Coaching-Sports Medicine

Instructor: Dr. Colin Turey

Class Meeting Time: Mondays from 6:30 pm – 9:30 pm
Saturdays 8:30-11:30 am and/or 12:30-3:30pm

Class Location: ESF-Viera

Credit Hours: 60

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Course Description: This course is designed to provide the student with conceptual understanding of sport medicine and the skills needed in today's coaching realm. Areas that receive special emphasis are taping/bracing, injury prevention, treatment, CPR/first aid, rehabilitation, concussion identification and counseling to name a few.

Required Text: None

Supplemental Reading Materials: The instructor reserves the right to assign supplemental readings as needed for classroom purposes. Reading may come from articles published in refereed journals such as but not limited to the Journal of Sports Medicine and Journal of Leisure Research. The instructor will provide instruction on how to find these supplemental readings as needed.

Course Objectives: Upon completion of this course, the student will be able to...

1. Demonstrate thorough knowledge of athletic nutrition and ability to advise athletes concerning nutrition.
2. Identify skills needed to recognize athletic injury.
3. Display abilities in selection of appropriate athletic injury treatment modalities.
4. Identify appropriate first aid emergency planning and care procedures.
 - a. Cardiopulmonary resuscitation and related activities
 - b. Unconscious athlete treatment and care
 - c. Care of suspected head, neck, and spine injured athletes
 - d. Consideration of other life-threatening circumstances
5. Distinguish the acceptable selection and usage of rehabilitation and reconditioning techniques.
6. Demonstrate an understanding of athletic injury counseling methodology.
7. Show evidence of knowledge of and application for playing conditions and for athletic facilities in order to facilitate injury prevention and enhance athletic performance:
 - a. Selection of appropriate athletic uniforms
 - b. Protective equipment
 - c. Sanitary maintenance of the foregoing
8. Identify accepted methods for conduct of in-service training.
9. Demonstrate an understanding of athletic injury reporting systems.
10. Identify major characteristics of illegal substance use problems; recommend/refer identified athlete appropriately.

11. Identify the effects and dangers of drug use including performance enhancing drugs.
12. Demonstrate knowledge of appropriate health related policies and procedures.
 - a. Parental medical consent
 - b. Establish policy/guidelines regarding health of athletes
 - c. Referral procedures
 - d. Medical examinations
 - e. Knowledge of role/importance of athletic trainer
 - f. On-call physician
13. Maintain currency in the field.
14. Exhibit a basic understanding of anatomy and physiology as related to sports medicine.
15. State the importance of a knowledge of sports medicine as a lifelong activity.
16. Describe the function of the circulatory and respiratory system specifically as related to exercise and sports.
17. Define and plan pre-activity season and post-activity season conditioning schedules.
18. Define and describe the need for proper warm-up and cool-down.
19. Describe and demonstrate the proper method for transporting an injured person by stretcher, wheelchair or improvised procedure.
20. Describe and demonstrate techniques of taping and wrapping.

Course Assignments & Evaluations:

Class participation	35%
Professional Profile	5%
Mid-term Exam	10%
Group Project	25%
Final Exam	25%
Total	100%

Grading Scale:

90-100 = A
 80-89.4 = B
 70-79.4 = C
 60-69.4 = D
 Below 60 = F

Methods of Instruction: This course will be taught using lecture, student presentation, web-based learning, guest speakers and video. Student interaction and participation is required.

Training Objectives: As a result of the workshop, participants' students will participate in interscholastic sports where coaches advise students about athletic nutrition, promote athletic injury prevention, use appropriate first aid techniques, and apply the accepted policies and guidelines regarding the health of the athletes.

Activities: Laboratory activities shall consist of methods, techniques and operational procedures recommended by certified trainers and physicians. Lectures, demonstrations and individual group applications will be provided. Activities will include, but not be limited to, the following:

1. Application of standard first aid
2. Cardiopulmonary resuscitation
3. Taping and wrapping techniques
4. Conditioning and rehabilitation methods
5. Anatomy and physiology applications as related to sport medicine
6. Conferences/seminars

Assignment Information:

1. All assignments must be typed in a double-spaced, 12 font format, unless otherwise noted.
2. All assignments are due at the beginning of the regular class meeting time unless otherwise instructed. All late assignments will be subject to a one letter grade deduction for each calendar day the assignment is late. If you are absent on the day the assignment is due, you are still responsible to ensure that it reaches the instructor by that date and class time.
3. All grammar requirements will be taken into consideration when grading each assignment.

Attendance Policy and Class Tardiness:

Course attendance is required as a part of your participation grade. Attendance will be taken during the entire class period. Leaving early or arriving late will not be tolerated and will have a negative effect on your final grade. If you are absent you are responsible for all assignments missed during that time.

Make-up Exam Policy:

If you miss an exam you will receive a zero, unless a valid excuse is presented. If your absence is excused, you will be provided with a make-up exam at the time chosen by the instructor.

Calendar: ESF Rooms 5 & 6

Saturday	December 7 th , 2019	8:30 – 3:30 pm	2-Sessions
Saturday	December 14 th , 2019	8:30 - 3:30 pm	2 – Sessions
Saturday	January 11 th , 2020	8:30 – 3:30 pm	2 – Sessions
Monday	January 27 th , 2020	6:30 – 9:30 pm	1 – Session
Monday	February 3 rd , 2020	6:30 – 9:30 pm	1 – Session
Saturday	February 15 th , 2020	8:30 - 3:30 pm	2 – Session