**Sports Medicine 10**

Teacher- Mrs. M. Caine

Office- 2808

Email- madelene.caine@rdcrs.ca

Phone- 403-324-4800 ext 263248

Welcome to Sports Med 10! This CTS course students will be completing **up to 4 courses each worth 1 credit.**

**Courses are as follows:**

1. **Course HSS1010- Health Services Foundations**- ***\*This is a mandatory prerequisite course for all Sports Med and Medical Studies courses. To ensure that there is not an overlap and missing of credits, students who have not previously taken this course will be completing it through St. Gabes with support given in class.***

You will look at the various government and community agencies involved in health care. You will examine factors related to personal health and wellness. You will perform effective hand-washing techniques and explain the benefits of proper hand-washing. You will study muscles of the body and the types of movement associated with specific joints. You will explain the basic principles of anatomy, disease and physiology using medical terminology.

1. **Course HCS1050- 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. Students will explain the basic anatomy and physiology of the skeletal system, the muscular system and the muscle and joint structures. Students will also evaluate factors that contribute to the promotion and maintenance of a healthy musculoskeletal system as well as explain the basic pathology and treatment of conditions of the musculoskeletal system.
2. **Course REC1020- Injury Management 1**- Students learn prevention, assessment and management techniques related to injuries that may occur during recreation and sporting events and activities. Students will create an Emergency Action Plan to prepare for possible emergencies at different venues, explain basic physiological principles related to various injuries and illnesses that may occur during recreation or sporting events and activities. Students will demonstrate appropriate management and treatment of injuries and demonstrate basic taping and strapping of minor injuries in simulations.
3. **Course HCS 1070 – Respiratory System**  - Students will explain the anatomy and function of the respiratory system and evaluate factors that contribute to the promotion and maintenance of a health respiratory system with a sports and athletics focus. Students will also explain the basic pathology and treatment of respiratory conditions.

**Course Work**

The course involves a variety of learning activities including: lecture, labs, projects, activities and cooperative learning.

**Classroom Expectations**

This course involves a fairly high academic content. You will need to focus your attention in class and use class time wisely.

The expectation is that everyone is respectful of the learning environment. We will be engaging in a variety of activities and projects that will only be successful if we have the cooperation of all students.

**Teacher Communication**

**Website:** I have a weebly website that you can access from the Notre Dame website when you click on my name under staff. PLEASE use it to see what we have covered and to download materials from class especially if you have been absent.

You can meet with me before school (8:15-8:45am) or at lunch. My office is 2808. You can also email me or call my school extention.

**Evaluation**

In class work – worksheets, booklets and questions

Tests and Quizzes

Projects, Activities and Labs

Total: 100%