

John Burroughs High School Sports Medicine Syllabus 2019-20
Parent, student & teacher contract

Mrs. Gillett

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<http://healthygillett.weebly.com>

REQUIRED TEXTS/SUPPLIES:

1. Principles of Athletic Training: A Competency-based Approach.
William Prentice. 15th edition. Copyright 2014.
2. Sports Medicine Club Membership
3. 3 Ring Binder for THIS class only; basic HS supplies.
4. Athletic Training Student Aide uniform; polo & pants.

COURSE DESCRIPTION:

This course is a Lecture course designed for the student oriented towards science and interested in the Health Care field, specifically kinesiology.

Upon completion of this course, students will possess an understanding of the following areas: Human Anatomy, Human Physiology, Kinesiology, Exercise Physiology, Biomechanics, Rehabilitation, Bracing/Taping Techniques, Nutrition, and First Aid and CPR.

Students will also work on communication skills such as instructing movement, correcting form, etc.

“LAB”/Internship SECTION:

There will be a **MANDATORY 10 hours** minimum of internship for this class. This will allow you an opportunity to apply the hard skills you have been learning in class, under the supervision of the Certified Athletic Trainers and to practice soft skills necessary for the current work-force. NAF students can commit to 60 or 120 hours toward their certification. Students interning or working outside, you must show proof of your 10 hours. Proof of at least 10 hours will be due April 1st, 2020. Failure to complete your 10 hours will result in an automatic **10% drop** in the course at the end of each semester. If you are a 2 or 3 sport athlete, please speak with Mrs. Gillett in the first **2 weeks** of school to make the appropriate accommodations.

Access to sign-up for hours and proper time sheets will need to be signed and turned in; both accessible on my googleclassroom.

Guidelines for internship hours:

Failure to complete will result in a 10% grade drop at each semester not completed.

Non-JBHS Internship Hours for Medical Academy

A student may complete up to (but not limited to) **5 hours** of internship/shadowing off campus (**optional**). These hours must be completed under the supervision of a certified/registered/licensed healthcare provider. The student **MUST** speak with Mrs. Gillett prior to arranging hours at the off-site location/person.

The hours must be:

1. Patient care oriented, not office work.
2. Student may not be related (directly or indirectly) to the clinician s/he is shadowing.
3. Student must have his time sheet with them at all times.
4. Student must be signed in & out by the clinician on the time sheet.
5. Take picture with clinician for your portfolio.
6. You may not be related to the healthcare professional you will be shadowing!

Observe procedures and assist in the following sports medicine settings:
(Possible examples)

1. Athletic training (high school, college, clinical)
2. Physical therapy (outpatient, inpatient, sports medicine)
3. Medicine (Specialties including: orthopedics, pediatrics, family practice, ophthalmology, radiology, pathology, and others by request)
4. Fitness (fitness centers, health clubs, etc.)
5. Emergency medicine (emergency room, ambulance)
6. Anatomy (observe autopsies by county coroner)
7. Other specialties by request

Medical Academy NAF requirements:

See NAF guidelines at <https://www.burbankusd.org/naf>

SPORTS MEDICINE CLUB MEMBERSHIP:

All students in this class are automatically enrolled in the JBHS Sports Medicine Club. Not all meetings will be required, but as a member your contribution to help us raise funds for activities, field trips, etc. As a member, one goal for the club is to attend and compete in Annual SFHS Sports Medicine Competition and further information will follow.

GRADING POLICY: DO NOT COMPARE YOUR GRADE WITH ANOTHER STUDENT'S.

All Assignments, Labs, and Tests will be graded on a point system. All assignments and tests will be worth various points in accordance with the amount, the difficulty, and the importance of the information. At the end of each semester, each student will be given points for class participation and conduct.

GRADING SCALE: 100% - 90% = A, 89% - 80% = B, 79% - 70% = C, 69% - 60% = D, 59% - 0% = F

It is the **student's responsibility** to make-up any quizzes and/or tests missed, during an excused absence, the first day s/he returns to class. Any homework assigned, or paper's due during the student's excused absence, **MUST be turned in the day it is due, no late work will be accepted.** In the event of an unexcused absence, any work done or turned in **will not be accepted** upon the return to school.

CLASSROOM RULES:

1. NO CELL PHONES. Any phone that I see/hear in my room will be sent to the DO.
2. Intern hours and uniform are required as part of a CTE class. All students representing the JBHS Sports Medicine Program during games, practices, in the Athletic Training Room, or at an affiliated site will conduct themselves in a professional manner. Any action or reaction by a JBHS Athletic Training Student deemed inappropriate (by Mrs. Gillett, Miss Gallo, Miss A, faculty, staff or site supervisor) will be dealt with quickly and in accordance with school policy and procedure. **Your grade will be lowered by these actions.**
3. ONLY PLANT FOODS AND WATER IN THE CLASSROOM. You must practice and model positive eating habits for your potential patients.
4. All students will be seated when the bell rings. Anyone not seated in their chair at this time will be considered Tardy, and will be marked as such. JBHS tardy policy will be enforced.
5. Each student will be expected to have their own book, notebook, pen and basic High School materials during class.
6. JBHS Academic Honesty Policy will be enforced.
7. **Communicate with me! Let me know when you'll be absent, why you were out, etc. If we are all on the same page, I can help you much easier!**

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Uniform:

It is important in the medical field to maintain a clean, well-groomed appearance so we look professional at all times. A good rule is if you are unsure if something is appropriate to wear, it probably is not! You must wear closed-toed shoes and weather appropriate clothing for safety reasons.

Practices: JBHS or school colors (red/white) T-shirt or long sleeve shirt
Grey, black or khaki shorts or pants (NO jeans/denim shorts)

Games: Sports Medicine Polo, tucked in (available for purchase with Mrs. Gillett)
Black or Khaki pants with belt (NO shorts/ NO jeans/denim shorts)

Other: Saturday morning clinic is a casual dress day; sweats and a JBHS t-shirt are acceptable.

You are a professional, representing JBHS, Mrs. Gillett, Miss Gallo, and Miss A. Dress and act appropriately.

*Students will be given opportunities to fundraise for their uniform; any uniform not paid for will be labeled as an indebt in the student store until paid/fundraised for.

Rules/Code of Conduct:

Students must follow ALL Athletic Training Facility policies

1. Sign up for hours on the website and take, get signed and turn in notes.
 - a. You may need to commit to a specific sport/season
 - b. You must work practice prior to games
2. You cannot bring friends into the athletic training clinic (Room 5-116) during work hours.
3. Represent John Burroughs High School in an appropriate manner at all locations. Treat everyone you encounter with respect. Cooperate and display a proper attitude with the instructor, coaches, athletes, and other sports medicine students/healthcare professionals at all times.
4. Assist in **enforcing** policies and procedures and share equally in completing job.
5. Know the hours you are to work, be on time! The sports medicine staff and athletes are counting on you. Prearrange all absences and tardies with the instructor. Students will be responsible finding a substitute to cover their assigned duties.
6. Get sports medicine equipment ready for games, clean up after games and practices. Also provide aid in loading and unloading sports medicine equipment for away games, if asked
7. Be a professional when traveling with athletic teams. Remember, you will create John Burroughs High School's program image. Visiting teams and local fans will judge your appearance and actions, so give them your best example.
8. **Keep all medical information regarding athletes will be held in strict confidence (remember HIPAA or FERPA).**
9. Remember to document all information for your Final portfolio...see NAF website! (NAF only)
10. Come ready to work and learn! Make sure you have eaten and are well-rested; this job requires constant walking around and being up on your feet.
11. Miss Gallo & Miss A are our Athletic Trainers and your boss. The ATCs and Mrs. Gillett reserve the right to make any necessary decisions for students to abide by.

The rest...

Let's have fun learning about Sports Medicine & Athletic Training!

Please do not hesitate to talk with me if you wish to discuss the above policies or anything regarding this course. I am here to help you learn and become an even better individual.

I _____ have read and understood the course syllabus for
(student print name)

the Sports Medicine Course and agree to all requirements and policies.

Student Signature

Date

period

Parent Signature

Date

****This copy will be turned in for Mrs. Gillett's records. An electronic copy will be available for you to view at <http://healthygillett.weebly.com>