

INTRODUCTION TO SPORTS MEDICINE/PRACTICUM

Requirement area: CTE, Science, Elective

Course code: SSM212

Grade Level: 10, 11, 12

Prerequisite: None

Length: Year long (1.0 credit) - *Additional 0.5 credit for successful completion of 90 hours of (optional) practicum experience*

Homework: 1-3 hours per week

Description: This challenging course offers CTE exploration/preparation into the exciting field of sports medicine. Students interested in medical or science careers will gain important skills and information. Some major topics include: Common sports injuries, athletic injury prevention, treatment and rehabilitation, human anatomy and physiology, first aid, CPR, sports nutrition, drugs in sports and other current topics in sports medicine. ***Students are given the option to enroll in Sports Medicine Lab to apply their skills in an actual work environment. Ninety (90) hours must be completed in one year. Five (5) college credits are available through the Dual Credit program through Lake Washington Institute of Technology for those students earning a “B” or better in this course. Completion of Hepatitis B vaccination series encouraged.***