

## **ADVANCED SPORTS MEDICINE/PRACTICUM**

*Requirement area:* **CTE, 0.5 Health\*, Science or Elective**

*Course code:* SSM312

*Grade Level:* 11, 12

*Prerequisite:* Successful completion of Introduction to Sports Medicine , repeatable

*Length:* Year long (1.0 credit) - *additional 0.5 credit for successful completion of 90 hours of practicum experience. \*Option for Course Equivalent for 0.5 Health with successful completion of Introduction to Sports Medicine and Advanced Sports Medicine and the Health Classroom-based Assessment.*

*Homework:* 2-4 hours per week

*Designator:* DC

*Description:* This challenging course will allow the advanced student to develop skills in sports medicine, career development, individual learning, leadership skills and independent research and presentation. Knowledge and skills developed in the program will include: Sports nutrition, anatomy and physiology, fitness/strength training, first aid/CPR, athletic injury prevention, recognition, management and treatment/rehabilitation. *Students are given the option to enroll in Sports Medicine Lab to put their skills to use in an actual work environment. Ninety (90) hours must be completed in one year. Five (5) college credits are available through the Dual Prep 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.*