**Sports Medicine 7/8 Option Course Outline**

**St. Mary’s School Taber AB**

**Semester 1 2015**

**Ms.Wauters**

The aim of Sports Medicine 7/8 is to introduce students to concepts and ideas of the human body in a sports context. Students will learn the basic skeletal and muscular anatomy as well as common sports injuries, how to prevent them, and how to treat them. Throughout this course students will also explore the job opportunities within the Sports Medicine field.

**Course Content**

**Unit 1 Basic Anatomy (Skeletal, Muscles Groups, Cardiovascular System)**

**Unit 2 Sport Injuries & Prevention**

**Unit 3 Nutrition & Mental Preparation**

**Assessment**

Daily Work & Assignments **40%**

Unit Project **40%**

Quizzes **20%**

**Materials Needed**

* Binder
* Loose leaf paper
* Dividers
* Pen/Pencil
* Pencil Crayons/ Felt Markers

**Student Expectations & Responsibilities**

* If a student misses a class it is their responsibility to talk with me to see what they have missed**.**
* Cell phones and music/technology devices are **only** permitted during non-instructional time (i.e.: during independent work time) **with the teachers approval**.
* We will follow the philosophy of St.Mary’s School In creating an atmosphere of acceptance, encouragement, respect, dignity, and pride in this class.

**Contact**

Please feel free to contact me for any questions or concerns.

Email: [mary.wauters@uleth.ca](mailto:mary.wauters@uleth.ca)

Or visit the class website: <http://sms-psiii.weebly.com>

I look forward to a great semester with you ☺

Ms.Wauters

***For Parents/Guardians:***

Please indicate that you have reviewed the Sports Medicine 7/8 Course Outline and all supporting documents, and that you understand the course your child is taking by signing the portion below and returning this outline with your child. Thank you.

Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred method of Contact (circle): Email or Phone

If the phone is the preferred method of contact, please indicate the preferred times and number:

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