

Units of Instruction

- Anatomy and physiology of bones and muscles
- Application of protective sports equipment
- Use of therapeutic modalities/ exercises
- Psychological factors with sports injury
- Homeostasis for proper body function
- Careers in Sports Medicine
- Strength and conditioning
- Tissue response to injury
- Emergency procedures
- Specific sports injuries
- First Aid/CPR/AED
- Injury evaluation
- Nutrition
- Taping



Shasta Union High School District Career Technical Education

Sports Medicine/Athletic Training

Instructor:
Jaime McIntire

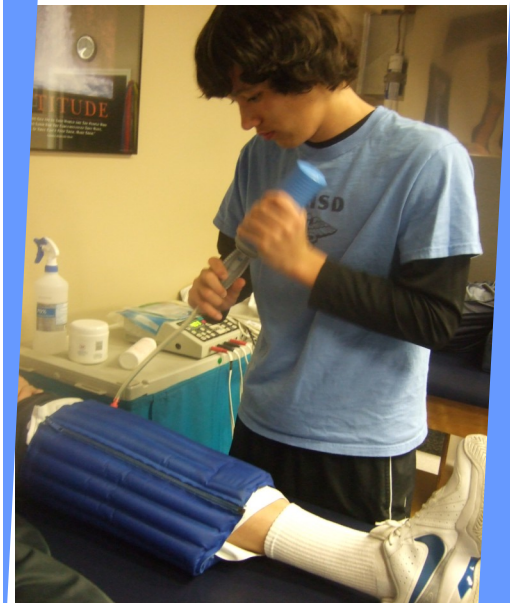
Class location:
Shasta High School
2500 Eureka Way
Redding, CA 96001
Room 88

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CTE Sports Medicine/ Athletic Training



Sports Medicine/Athletic Training

is an introductory class providing knowledge and skills necessary for the assessment, prevention and care of athletic injuries. This course introduces anatomy, physiology and kinesiology of the human body and how our systems interact with each other through exercise. All students will receive First Aid, CPR, concussion recognition and AED certifications.



This is a lab based class where students will be getting hands on training. We will cover all careers available in the field of

Sports Medicine/Kinesiology including; Physical Therapy, Chiropractics, Personal Training and Athletic Training as well as many others.

Sports Medicine/Athletic Training is a rigorous, college-prep course and has a competency based curriculum.

In addition to projects, labs and exams, students get to “show off” their skills. Included are taping of various extremities, hands-on evaluation, first aid skills, real life scenarios and more.



Career Technical Education

allows students, educators and employers to strengthen the relationship between what is being taught in the classroom and its application in the workplace.

Internship Opportunities

All students are given the opportunity to receive 5-10 units of elective credit by participating in a 7th period placement. This allows the student to see first hand what professionals in our community do in the field of Sports Medicine. Students choose what branch of Sports Medicine interests them the most and will be placed in an internship. Not only do the hours spent in the clinic or on the field give ample experience to the student, but also gives them insight of the profession as it applies to them. Students have been known to be hired by some of these businesses while in the internship program and many get hired after graduation. The hours earned also count towards college hours, depending on what program the student decides to pursue. This is a wonderful opportunity and is highly recommended upon taking the course. The hours of internship are very flexible.