



# Syllabus

## Sports Medicine & Rehabilitation Professions

2023-2024

412-469-3200 Ext. 2523

**Program Description-** Sports Medicine & Rehabilitation Professions program is an instructional program designed to introduce and prepare a pathway for individuals to enter into the fitness and rehabilitation healthcare fields. Individuals will be able to apply technical knowledge and understanding of anatomy and physiology, human body's response to exercise, medical conditions, neuromusculoskeletal pathologies, therapeutic modalities, injury prevention, injury rehabilitation, exercise prescription, CPR, and First Aid. Students will be encouraged to explore and develop plans for future employment or continuing their education to pursue post-secondary degrees in the healthcare field. Students will have the opportunity to obtain industry certifications when applicable throughout the program.

**Textbooks:** Introduction to Sports Medicine and Athletic Training, 3<sup>rd</sup> Edition (Robert France)

ACSM's Resources for the Personal Trainer, 6<sup>th</sup> Edition (American College of Sports Medicine)

Rehabilitation Techniques for Sports Medicine and Athletic Training, 7<sup>th</sup> Edition (William Prentice)

**Other Resources:** Computer based resources such as content relevant scholarly articles and research material selected upon teacher's discretion.

### Daily Required Items/Materials:

- Students are to show up on time
- Students are required to have a means of taking notes. (tablet, computer, notebook, binder, etc.)
- Students should have proper attire including workout clothes when necessary

**Assessment and Evaluation:** All tests, quizzes, and assignments will be graded using Steel Center's grading scale

90-100: A  
80-89: B  
70-79: C  
60-69: D  
<60: E/F  
Incomplete: I

## **Grading:**

### **Work Ethics Grade: 34%**

Attendance is incredibly important in career and technical education; therefore, the Daily Work Ethics grade holds the highest weighting towards the students' grade. As stated in the Student Handbook, when a student is absent with an excuse the daily grade may be a maximum of 8/10 when make-up work is completed. Unexcused absences are awarded a maximum of 0/10, with make-up work being given at the teacher's discretion. (Please see attached for the Steel Center Daily Grade Rubric)

*Students can earn 10 points per day for work ethic. Students will be evaluated in the following categories (2 points per category):*

- *Proper Attire*
- *Time Management*
- *Professionalism*
- *Following Directions*
- *Followed Procedures*

### **Task Attainment: 66%**

This metric is a combination of the Skill and Knowledge components previously utilized at Steel Center. This metric measures knowledge, comprehension, and ability to apply theoretical concepts. This includes, but is not limited to, compositions, presentations, quizzes and tests. This is also where all in class activities and practice labs are included. This metric also measures the students' ability to complete performance tasks in the lab/shop area.

## **Assignments/Timeline:**

Quizzes, Tests, and Assignments will be assigned throughout the course of the year to measure and assess understanding of material.

## **Classroom/Safety Rules:**

1. Students will remain professional (on time, behavior, presentable, maintain a clean classroom, and be prepared) at all times.
2. Cell phones are only permitted during approved times (during break, or for school use)
3. Follow dress code (professional casual).
  - a. When needed appropriate work-out clothing may be needed
4. Food and Drinks are only allowed in the classroom area.
5. Restrooms require a hall pass and only one student at a time may use the facility.
6. Students will only use equipment after passing safety testing and when instructed in a correct manner.

Please note\*

Failure to comply with the above rules will result in a deduction of daily grade. Depending on the severity of the infraction referrals to the principal will be made according to the 2023-2024 Steel Center CTE Student Handbook.

# STEEL CENTER



## DAILY WORK ETHIC RUBRIC

Student:		Date:	
<b>JUSTIFICATIONS FOR SCORES LESS THAN +10/10 ARE NOTED IN eSD.</b>			
	<b>Excellent = 2 Points</b>	<b>Fair = 1 Point</b>	<b>Failing = 0 Points</b>
<b>Attire</b>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Full uniform</li> <li>Full compliance with dress code</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Partial uniform</li> <li>Damaged/uncleanly uniform</li> <li>Minor dress code violation(s), resolved by instructor</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>No uniform</li> <li>Repeat partial uniform</li> <li>Repeat damaged/uncleanly uniform</li> <li>Repeat or major dress code violation(s)</li> </ul>
<b>Behavior</b>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Full compliance with program rules and <i>Code of Student Conduct</i></li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>One minor violation of program rules and/or the <i>Code of Student Conduct</i>, resolved by instructor</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Major violations of program rules and/or the <i>Code of Student Conduct</i>, resulting in disciplinary referral</li> <li>Repeat program and/or school violations</li> </ul>
<b>Directions &amp; Procedures</b>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Full compliance with all directions and procedures</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Compliance with most directions and procedures with maybe one or two minor lapses; accepted redirection</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>General noncompliance with all or most directions and procedures; refuses redirection</li> <li>Insubordination</li> </ul>
<b>Professionalism</b>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>All actions/interactions with peers and staff are exceptionally professional, far exceeding that of typical high school students</li> <li>High maturity level</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Most actions/interactions with peers and staff are reasonably professional and typical of high school students</li> <li>Age-appropriate maturity level</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Most actions/interactions with peers and staff are unprofessional and/or inappropriate</li> <li>Immaturity</li> </ul>
<b>Time Management</b>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Reported to class on time</li> <li>Fully engaged for entire session</li> <li>Worked at an exceptional pace</li> <li>Zero lapses in time management</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Reported to class on time</li> <li>Engaged for most of the session</li> <li>Worked at a reasonable pace</li> <li>Maybe one or two lapses in time management</li> </ul>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>Reported to class tardy</li> <li>Unengaged for most of the session</li> <li>Worked at a below average/unreasonable pace</li> <li>Three or more lapses in time management</li> </ul>
<b>TOTALS</b>			
<input type="checkbox"/> <b>MAKE-UP WORK:</b> Students can earn a <b>maximum 8/10</b> points for their daily work ethic grade for days marked excused/legally absence. As per the Pennsylvania Public School Code, students are <b>prohibited from earning credit</b> for days coded unexcused/illegal.			

**FINAL SCORE:** \_\_\_\_\_ / 10



# STEEL CENTER for CTE SYLLABUS AND PROGRAM RULES ACKNOWLEDGEMENT SHEET

## FOR STUDENT:

With my signature, I acknowledge that I am fully aware of the rules, procedures, and expectations for

My CTE program of study. I understand that my signature indicates awareness and not necessarily

approval.

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

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

Date: \_\_\_\_\_

## FOR PARENT/GUARDIAN:

With my signature, I acknowledge that I am fully aware of the rules, procedures, and expectations for

my son's or daughter's CTE program of study. I understand that my signature indicates awareness and

not necessarily approval.

Parent/Guardian signature: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_