
SPORTS MEDICINE AND EXERCISE SCIENCE I & II

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2025-2026, Full Year Program

Course: V1770, V1700M, V1775

Shift 1 Class times: 7:25 am – 9:50 am

Shift 2 Class times: 11:25 am – 1:50 pm

Extra Help: After school by appointment

Classification of Instructional Program (CIP): 51.0000 Health/Therapeutic Services

COURSE DESCRIPTION:

This course provides an introduction to the principles of sports medicine and exercise science. Students will explore the human body's response to physical activity, focusing on injury prevention, treatment, and rehabilitation. Key topics include anatomy, physiology, biomechanics, nutrition, and the role of exercise in maintaining health and enhancing athletic performance. The course also covers the basics of first aid, cardiopulmonary resuscitation (CPR), and emergency response.

This Career and Technical Education (CTE) course will also provide students with a foundation to pursue post-secondary degrees and professional certifications in athletic and health-related fields. Through a combination of theoretical knowledge and practical applications, students will gain the skills needed to support athletes and active individuals, as well as promote overall wellness. This course is ideal for those interested in careers in sports medicine, physical therapy, athletic training, or fitness coaching. By the end of the course, students will be able to apply scientific principles to real-world situations in sports and exercise, fostering a lifelong appreciation for health and physical activity.

GENERAL REQUIREMENT: Strong science and math background

REQUIRED COURSE MATERIALS:

- District Chromebook
- Google Classroom
- You will receive an email invitation to “Join”
- Fundamentals of Athletic Training and Sports Medicine, 5th ed
- Provided by Instructor

CERTIFICATES:

Students in this course are eligible to sit for the following exams, which provides industry credentials that will support students in gaining employment in the future.

- **YouScience Certificate** - Exercise Science and Sports Medicine
- **AMCA - Physical Therapy Technician Certification**

- Final Grade of 80% or better in summative assessments is required to sit for the above examinations
- Only 2nd Year Students and Select Senior Students are eligible; must be 17 years of age
- This opportunity is offered at no cost to families.
- **NASM CPT-Personal Trainer**
- Final Grade of 80% or better in summative assessments is required to sit for the above examinations
- Only 2nd Year Students and Select Senior Students are eligible for the NASM-CPT certification due to industry standards for both age and high school diploma requirements.
- This opportunity is offered at no cost to families.
- **Basic Life Support (BLS) Certification** through the American Heart Association
- **First Aid Certification**
- **Stop The Bleed Certification**
- **OSHA-10 HealthCare Certification**

ESSENTIAL COMPONENTS: The following components are deemed essential to this course and are accompanied by a rating scale out of 5 points on the extent to which they are utilized:

Physical (4/5): Students are expected to go through various strength, flexibility, and cardio exercises. In addition, they will be required to demonstrate and teach exercises to fellow students.

Reading/Writing (3/5): Students are expected to read online and textbook material as well as construction written material for answering questions.

Math (3/5): Students are expected to utilize math pertaining to solving equations with decimals, fractions, and averages.

Computer Skills (4/5): Students are expected to use computers on a daily basis to complete quizzes, assignments, review lecture material, and navigate Google drive, documents, slideshow, and sheets.

Science (5/5): Students will be exposed to science in the form of anatomy, physiology, biology, and medical terminology.

CORE CURRICULUM STANDARDS:

SEMESTER 1	SEMESTER 2
A1: Explain & implement infection control practices and procedures	C1: Utilize knowledge of human structure and function to conduct health care role
A2: Demonstrate personal safety practices	C2: Utilize knowledge of diseases and disorders to conduct health care role
A3: Use techniques to ensure environmental safety	C3: Explain systems theory as it applies to the healthcare environment

A4: Identify and apply strategies to mitigate common safety hazards/ protocols	C4: Explain the concept of system change as it applies to the healthcare environment
A5: Describe & promote healthy behaviors	C5: Understand the existing and potential hazards to clients, coworkers, and self
A6: Utilize emergency procedures and protocols	C6: Identify and explain key systems of the health care delivery system
A7: Obtain CPR/First Aid/AED certification	C7: Display behaviors and practices that meet the expectation for employment in health care professions
A8: Describe and follow legal and ethical boundaries in health care delivery	C8: Communicate with patients and colleagues using appropriate medical terminology
A9: Describe and follow ethical practice as it applies to health care delivery	
A10: Explain cultural, social, and ethnic diversity as it applies to health care delivery	
B1: Employ communication strategies used in the delivery of quality health care	
B2: Describe and actively practice team member participation	
B3: Describe legal implications affecting health care workers	
B4: Demonstrate a knowledge of the math concepts important in health care professions and use those skills to solve medical math problems	

5 RULES FOR THE CLASSROOM	5 RULES FOR THE WEIGHT ROOM
Listen with your full attention to the teacher and your classmates	Be on task and ready to learn at all times
Come to class on time and ready to learn	Always listen when your teacher is talking
Always give your best effort on all your work	Use equipment properly and safely
Demonstrate professionalism in behavior, appearance, and language	Be a productive, positive team member
Respect yourself, others, and materials in the classroom	Leave your workspace better than you found it

GRADING: Course grades are based on mastering the standards of skills as well as the completion of activities, assignments, and projects. Students are graded on their level of achievement on individual, specific standards.

Grading weights will be 70% for summative assignments and 30% for formative assignments.

	Summative Assessment	Formative Assessment
Purpose	Evaluate student learning and achievement at the end of a unit, course, or program	Guide instruction, provide feedback, and monitor student learning in real-time
Timing	After the learning process has concluded	During the learning process
Example	Final exams, end-of-unit tests, capstone projects, standardized tests	Quick checks, observations, low-stakes quizzes, exit tickets
Focus	On the final product or overall understanding of the material	On the process of learning and identifying areas where students need support
Feedback	Formal and often graded, assessing how well students have met learning objectives	Informal and ongoing, aiming to improve both teaching and learning

	Skills Grading Rubric
4	Distinguished Understanding
3	Proficient Understanding
2	Partial Understanding
1	Limited Understanding
.5	No Understanding
0	Not attempted No Evidence

Categories
Weekly Quizzes
Weekly Employability
Class Activities/Labs
Exams
Final Exam
Class Projects
Presentations

EMPLOYABILITY SKILLS Weekly Score:

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Grade
Student Name	20pts	20pts	20pts	20pts	20pts	100 pts

Infraction	Points deducted		Infraction	Points deducted		
A = Absent with no communication to instructor (no call/no show)	-20		O= Office referral	-20		
T = Tardy / Leaving class early	-10		S= Sleeping	-20		
P= Personal Electronics Violation	-20		M= Misconduct	-20		

PERSONAL TIME OFF: Students will be given five PTO (Personal Time Off) Days per marking period, for a total of 20 PTO days throughout the school year. In order to use a PTO day, the student must communicate with the instructor via Remind, Email, or Phone Call, prior to the start of the class period in order to use a PTO day. Students will keep their employability score while being absent if they use a PTO day. However, if a student has used their allotment of PTO days for the marking period, the student will lose 50% of their employability points for the day if they communicate their absence but 100% of their points if there is a “no call, no show”.

CAREER TECH DRESS CODE: The style and manner in which a student dresses while attending Career Tech must be professional at all times. Students must wear clothing that is not disruptive to the educational process. Shirts must cover the chest and midriff. Another shirt must cover tank tops. Shorts and skirts must be below fingertip length. Pants must be worn at waist height with no undergarments showing. The administration will be notified if the dress code is not followed. Attire for the Sports Medicine and Exercise Science class lab days will consist of close-toed shoes with laces (no crocs), athletic shorts/sweatpants/leggings/joggers, and a shirt/sweatshirt. Notice by the instructor will be given when lab attire is required.

HEALTH OCCUPATIONS STUDENTS OF AMERICA (HOSA): Students are strongly encouraged to join and be active members of HOSA--an international student organization for future healthcare professionals. HOSA provides a unique program of leadership development, motivation, and recognition exclusively for students interested in healthcare careers. Students will also have the opportunity to compete at the Regional Michigan HOSA competition, exhibiting Membership for HOSA is \$50 (\$20 dues and \$30 for the regional competition fee) For more information visit: www.hosa.org.

CELL PHONE AND ELECTRONIC DEVICE POLICY: Cell phones/electronic devices are valuable and important communicative devices in today's society. However, the use of cell phones and other devices during the instructional day seriously impedes and distracts from the

learning process. In order to preserve the teaching and learning environment, this document is to clarify the cell phone/electronic devices policy in the Sports Medicine and Exercise Science Classroom at William D. Ford Career Technical Center.

Notes and responsibilities:

- **Students** must silence all electronic devices (not on vibrate) upon entry into the classroom.
- **Students** will place cell phones in a secured location in the classroom upon entry.
- **Students** are not permitted to wear earbuds or headphones during class hours, whether they are listening to them or not.
- **Students** may use their cell phones or earbuds only during their scheduled break and will return the cell phone and earbuds to the secured location before the end of their break period.
- **Students** will be allowed to use their electronic devices if there's time remaining in the class period, all work has been completed, and the teacher deems "free time"
- **Students** will lose the privilege of using school-issued Chromebooks if they are found to be misusing the devices.
- **Teachers** will review the cell phone policy and consequences for cell phone violation with all their students at the beginning of the year. This review and form will be signed by the students and the parents.
- **Teachers** reserve the right to authorize the use of devices for a specific, sharply defined educational purpose within a set time limit.

STUDENT REFUSAL TO SURRENDER CELL PHONE OR ELECTRONIC DEVICE PROCEDURE:

First Offense: If a student is found to be in violation of the policy he/she will lose their devices for the rest of the day and employability points will be lost for the day. The teacher will take possession of the devices and secure them until the end of the class period.

Second Offense: If a student is found to be in violation of the policy for the second time, the devices must be retrieved *by a parent* before or after school in the main office.

Third Offense: After the third violation of the electronic device policy an immediate referral to administration is made which may result in detention, lowering of employability grade or escalation to a stronger consequence.

Note: A detention and lowering of employability grade will occur for each time the policy is broken after the first incident.



ACADEMIC ACCOMMODATIONS: Students with IEPs/504 Education plans will meet with the instructor at the beginning of each semester to ensure their needs are being met. Plans will be followed explicitly.

FOOD AND DRINK: Outside food will NOT be allowed at any time during class or in the lab. Food is only allowed during break time and will take place in the commons outside the classroom. Drinks are allowed in a sealed cup to decrease the risk of spilling.

ILLNESSES & INJURIES: Students who become ill or injured in class **must** inform their instructor immediately. The instructor will then take appropriate action. You **MUST** sign-out at the career tech office when leaving our building.

ABSENCES: Please do not come to school ill. All students who are ill will be sent home. All absences must be excused by communicating (phone/email) with the instructor prior to the end of class time. Employability grades will be affected if the instructor is not made aware of the absence. This is unprofessional and it is considered a no call/no show. Students are responsible for addressing and making up the classwork and assignments they missed.

HALL & RESTROOM PRIVILEGES: Students will not be allowed in the halls or the restroom without teacher permission and use of a pass. Only one student is allowed out of the room at a time. Students must use the pass to leave the room.

MISTAR: All student grades and data are visible with the MISTAR online application. Parents outside of Wayne-Westland are encouraged to gain access through registering at the Career Tech main office. Parents/guardians must bring a photo ID when registering for MISTAR. Questions, please contact our office staff at 734-419-2100.

SECOND YEAR: Students will have the opportunity to return to the Sports Medicine and Exercise Science class if they meet the following criteria and complete a formal application. The criteria includes maintaining a “B” or higher in their first year and having less than 10 absences in a semester. The teacher will have the ability to give exceptions to this criteria.

LATE WORK: This course is preparing you for a professional position in the workforce. Therefore, late work will not be accepted under normal circumstances. **If you speak with the teacher**, late work may be accepted one week after the due date with a loss of 50% of the score.

PLAGIARISM/ACADEMIC OFFENSES: Academic dishonesty is defined as a student’s use of unauthorized assistance with intent to deceive the instructor in meeting course requirements. **Plagiarism** is the use of another person’s distinctive ideas or words without acknowledgment. **Cheating** involves the possession, communication or use of information, materials, and assignments not authorized by the instructor.

Misuse of academic materials includes the theft or destruction of books, equipment, or student belongings. Any of these academic offenses will result in suspension or removal from the



program. Any damage or loss of materials are to be paid for by the student.

Post-Secondary Articulated Credit:

Students may be eligible to receive free college credit for successful completion of the Sports Medicine and Exercise Science class. The qualifications and number of college credit hours vary by the post-secondary institution. This course has articulated credit agreements with Baker College, Davenport, Schoolcraft College, Ferris State University, Washtenaw Community College, and Wayne County Community College. Additional agreements may exist upon request with the advisor at the incoming institution.

WORK-BASED LEARNING:

Work-based learning is a valuable experience in which every student in Career and Technical Education is required to participate. All students will be given opportunities to attend a minimum of one field experience each school year. Those students who do not attend the scheduled experience(s) will be required to find a site where they will spend a minimum of one class period in a business related to their program of study. The student will be required to get the teacher's signed permission, and the parent/guardian's signed permission, fill out a training agreement to be signed by the site supervisor and provide their own transportation to and from the site. Upon completion of the field experience, the student will turn in a question and answer assignment provided by the teacher regarding the experience.

DISCRIMINATION POLICY:

It is the policy of the Wayne-Westland Community Schools Board of Education to prohibit any acts of unlawful discrimination in all matters dealing with students, employees or applicants for employment. The Wayne-Westland Schools reaffirms its policy of equal educational and employment opportunities for all persons without regard to race, color, gender, religion, age, height, weight, marital status or disability which is unrelated to an individual's qualifications for employment or promotion, or which is unrelated to an individual's ability to utilize and benefit from the School District's services activities, benefits, privileges or programs. Inquiries concerning the application of Title VI, Title IX, Section 504 and Title II legislation should be directed to the Director of Support Services, Wayne-Westland Community Schools, 36745 Marquette, Westland, MI 48185 (734) 419-2083.

**The syllabus is subject to change at the instructor's discretion. Any changes will be announced in class and/or on the class' Google classroom homepage with reasonable advance notice.*

By signing below, I agree that:

I have read the Sports Medicine and Exercise Science Syllabus in its entirety and agree to abide by the terms and policies outlined in the syllabus. I will take responsibility for my learning and success in this course.



Student Name (Signature)

Parent/Guardian Name (Signature)

Student Name (Print)

Parent/Guardian Name (Print)

Date: _____

Date: _____

DISCLAIMER: Please note that all students in the Health Science Program are exposed to all aspects of the human body. This information may be in the form of videos, models, pictures, speakers, lectures, assignments, or field trips. If you have any concerns regarding this type of content or learning activities please email me at klawiterl@wwcsd.net. Failure to respond in writing will automatically submit your approval.

Remove this piece of paper and turn it into the instructor. Keep the rest of the paperwork for your files.