

# WE'VE GOT YOUR BACK

And head. And neck. And shoulders. And knees. And ankles.  
And wrists. And toes. And hips. And elbows. And hands. And feet.  
And fingers. And calves. And groin. And hips. And ankles.



## Sports Medicine Course

### Course Outline:

Students will explore the fields of Sports Medicine, Kinesiology, Personal Training, and Physical Therapy. Students will gain basic knowledge of anatomy, physiology, and injury recognition, prevention, and treatments of injuries sustained in athletics.

### Location: Alisal High School



### First Semester:

Careers in Sports Medicine, Study of Basic Anatomy and Physiology (Foot, Ankle, Lower leg, Knee, Hip, Thigh) Care, Prevention and Rehabilitation. Emergency Care, First Aid, C.P.R., Taping Techniques and Wrapping Techniques.

### Second Semester:

Study of Basic Anatomy and Physiology (Shoulder, Elbow, Forearm, Wrist and Hand Wrapping/bracing Techniques. Head and Face) Care, Prevention and Rehabilitation. Study of Nutrition, Steroids, Supplements and Drugs.



**We look forward to our journey through this year! I am ready to explore, and conquer this subject with you, I hope that many of you will find a future in the Sports Medicine Career Pathway.**

