



D  NS



Intro to Sports Medicine



D  NS



Adv. Sports Medicine



Sport
Medicine
Teacher



Ms. Tessa Powell

Contact

- tpowell@susd.org

Learning Platforms

- Google Classroom
- Microsoft Teams

Office Hours

- Tuesday/ Thursday
 - Noon- 1:30pm
- Monday/ Wednesday
 - Upon appointment





Intro to Sports Medicine

Sports Medicine 1 is offered to students with an interest in health care careers, in particular, those professions within the sports medicine team. Areas of focus will include anatomy, kinesiology and physiology of the human body. In addition, students will learn how to prevent recognize, evaluate, classify and manage common athletic injuries. Taping, wrapping and rehabilitation will also be covered, and all students will be taught basic first aid and CPR.





Adv. Sports Medicine

Advanced Sports Medicine is offered to students who have successfully completed 2 semesters of Introduction to Sports Medicine. This course offers an introduction into the basic rehabilitation and physiological reactions of the human body. Human health needs, examining internal injuries of biological systems, and advances in technology such as modalities and health care evolution will also be covered. Students will gain experience in learning medical terminology and first aid and CPR skills. Advanced Sports Medicine is suggested as a course for students who want to pursue a healthcare career in college.

