

Sport Science - Fall 2020

Course Description

This course will offer students an exceptional opportunity to learn and experience more about sports medicine and exercise science. Students will obtain a greater understanding of human anatomy/physiology, kinesiology, biomechanics, motor control, athletic injuries and pre/rehabilitation. Students will be able to assess movement, health/fitness, and muscular imbalance. With the data received from these assessments, students will learn about corrective action to take for these physical deficiencies. Students will experience practical hands-on application in the following areas: prevention, recognition, treatment, and rehabilitation of sports injuries, taping and wrapping of injuries, First Aid/CPR, and emergency procedures. Through this class, students will develop a foundation of knowledge and understanding regarding the concepts familiar to medical careers such as anatomy, physiology, and kinesiology.

Course Concepts:

- Anatomy/physiology
- Kinesiology
- Sport Performance
- Exercise Science
- Injury assessment/treatment
- Injury prevention

Google Classroom:

All materials and assignments will be posted and turned in through Google Classroom. The codes to our Google Classroom sites are posted below. All important course information will be posted here as well. Students, please *do not* turn off notifications for Google Classroom. Notifications will help you stay on top of assignments and due dates. Parents, please feel free to enroll in our Google Classroom sites in order to help your student stay on track..

PERIOD 1 GOOGLE CLASSROOM CODE	5qcgu7x
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Zoom:

All class meetings will be hosted through Zoom. The times, links, and passwords are posted below. Please see the Viking Expectations chart on the last page for details on norms for our meetings. Also, please note that the Zoom link to this class will not change. It will remain the same the entire semester.

ZOOM INFORMATION	MEETING TIME	MEETING LINK
Period 1	8:00 - 9:00 AM	Mr. Jinguji's Zoom Classroom

Communication:

The key to success in this course is communication. I recognize that this is a strange and difficult time, and that many of you have jobs, younger siblings, and other obligations outside of school. If you are having any difficulties getting your work completed, please do not hesitate to reach out to me. I am flexible and will work with you on getting your assignments completed. This class is an elective, and I do not want it to be a stumbling block. **The best way to reach me is through email at tjinguji@rjuhsd.us.** I do not typically respond to emails after 5:00 PM, but I will always respond within 24 hours.

Absences and Late Work:

- I will post weekly agendas and the unit schedule on Google Classroom. Please check this regularly.
- If you are absent on a quiz/test day, please contact me to schedule a time to make it up during Hub time..
- Late assignments will receive a maximum of 75% credit and will be accepted for credit up until 2 weeks after the assignment was originally due.

Bathroom Policy:

- If you need to use the restroom during a Zoom, please make sure you are muted!
- Use your restroom time wisely; our class time is limited.

Grading Policy:

I use a weighted grading system to calculate your grade. Grades are weighted as follows:

- **Daily Assignments and Participation** **50%**
- **Formative Assessments** - Quizzes/ Unit Tests **30%**
- **Summative Assessment** - Final Exam/Project **20%**

Academic Dishonesty

If you are caught cheating, colluding, plagiarizing, copying others' work, letting others copy your work, or in any other manner compromising the integrity of any assignment, quiz or test, you and your accomplices will earn a permanent 0% for the assignment, quiz, or test. You will not be allowed to make up the work or do "extra credit" to make up the points. You will also be referred to your Assistant Principal's office for discipline.

Exit Tickets:

Classes will typically end with a short post-activity assignment. If you miss the exit ticket event at the end of class, it cannot be made up at a later time. However, all other missed class work will need to be completed to earn the assigned points..

VIKING EXPECTATIONS

VIKING EXPECTATIONS	CHOOSE RESPECT	BE RESPONSIBLE	HAVE INTEGRITY	ACTIVELY ENGAGE
EXPECTED STUDENT BEHAVIOR IN OUR DIGITAL CLASSROOM	<p>Teacher records all Zoom sessions (direct instruction) so that students can access them later.</p> <p>Be mindful of your actions and choose your on-camera behaviors wisely.</p> <p>Use appropriate language and tone with everyone.</p> <p>Respect others' personal experiences and perspectives.</p> <p>Reduce any possible distractions before logging in.</p>	<p>Arrive a few minutes early to the start time.</p> <p>Keep yourself muted until it is time for you to talk and participate. You may also use the chat feature to ask the teacher a question.</p> <p>Be present - physically and mentally. Please leave your camera on.</p> <p>Take an active, positive role in classroom discussions with the whole class as well as in breakouts.</p>	<p>Use only your first and last name for screen names.</p> <p>Be mindful of others' feelings, opinions, and experiences.</p> <p>Complete assignments on your own. If you are struggling, or need extra time, use email or Hub time to communicate with your teacher. (See the Academic Dishonesty policy)</p> <p>Do not share quiz or test information with other students.</p>	<p>Attendance is important for your learning. Log-in and attend ALL scheduled class meetings.</p> <p>Let your teacher know ahead of time if you will be absent.</p> <p>Make up assigned work when you miss a class.</p> <p>When you are in breakout groups, stay focused on the questions and participate fully. Participation in whole-group and breakout discussions will be graded.</p>

Classroom Routine/Behavioral Expectations	
Entering the Classroom	<ul style="list-style-type: none"> • Arrive a few minutes ahead of the start time to prepare yourself for class. • Make sure your camera is on and that your speaker is muted. • Complete the pre-activity assignment in Google Classroom.
Working in Break-out Groups	<ul style="list-style-type: none"> • In breakout groups, be a partner that contributes equally. • Respect others' perspectives, thoughts, and feelings. This class deals with current health issues which are personal and sensitive. • Remain on task. When your group is finished with the task, wait patiently to be brought back to the whole group.
Technology Use	<ul style="list-style-type: none"> • Use only your first and last names as screen names. • Keep your backgrounds simple and appropriate to limit distraction. • Have your device fully charged or plugged in before class.
Asking for Help	<ul style="list-style-type: none"> • Ask questions using the chat. Feel free to email your teacher anytime, but know that they will not check school email after 3 PM. They will get back to you within 24 hours. • Email your teacher if you are going to be absent to ensure make up work is made available. • If extra help is needed, contact your teacher to set up an appointment during Hub time.
End of Class	<ul style="list-style-type: none"> • Class will end with a post-activity assignment. Please don't leave the Zoom until dismissed. Your teacher will hang out for a few minutes at the end of class for questions.

Please click the link below to electronically sign the syllabus

[I have read and understand the rules, regulations, and standards for OHS Physical Education Sports Science.](#)