

Join us to learn how to prevent and treat sports related injuries as well as be introduced to various professions in the field of Sports Medicine. This course will be taught by a Certified Athletic Trainer. Students will learn about common injuries in the athletic setting and will get hands on experience in evaluation, taping and rehabilitating the ankle, knee, back, shoulder, wrist and hand. Please note: Course schedules are subject to change at Instructors discretion.

Track Name: Sports Medicine	Monday	Tuesday	Wednesday	Thursday	Friday	Instructor
8:30 - 9:00 a.m. drop off	Drop Off	Drop Off	Drop Off	Drop Off	Drop Off	Camp Counselor
9:05 - 10:50 (1 hour 45 min) Block A	Overview of Sports Injuries and Terminology	Anatomy & Mechanisms of Ankle Injuries, Mock ankle evaluations	Anatomy & Mechanisms of Knee Injuries; Mock Knee evaluations	Anatomy & Mechanisms of Shoulder Injuries, Mock evaluations	Mechanism & Evaluation of Concussions, Standardized Concussion Assessment Test (SCAT)	Gina Harris
10:50-11:05 (15 min) Break	15 min Break	15 min Break	15 min Break	15 min Break	15 min Break	Camp Counselor
11:10 - 12:55 (1 hr 45 min) Block B	Introduction to Taping; Learn Wrist, Thumb, and Finger.	Ankle Taping	Knee Taping	Continue taping previously learned, Taping Competition	Spine Rehabilitation Techniques	Gina Harris
12:55 - 1:30 (35 min) Lunch	35 min Lunch	35 min Lunch	35 min Lunch	35 min Lunch	35 min Lunch	Camp Counselor
1:35 - 3:00 (1 hr 45 min) Block C	Introduction to Treating and Rehabilitating Injuries, Wrist Rehabilitation Techniques	Ankle Rehabilitation Techniques	Knee Rehabilitation Techniques	Shoulder Rehabilitation Techniques	Quizbowl!	Gina Harris
3:00 Pick-UP	Pick Up	Pick Up	Pick Up	Pick Up	Pick Up	Camp Counselor