

What is Athletic Training?

Licensed Athletic Trainers are health care professionals that work under the direction of a licensed physician and in cooperation with other health care professionals, parents, and coaches. Licensed Athletic Trainers in the high school provide injury prevention, injury evaluation, prepare athletes for practice and competition, implement treatment and rehabilitation programs for injured athletes as well as provide first response to acute injuries and medical emergencies that take place during practices and competition.

Student Athletic Trainers

Student athletic trainers are Marcus High School students who, under supervision of the Licensed Athletic Trainer, help with first aid, prevention and management of athletic injuries, and operation of the training room. Student athletic trainers have the opportunity to work with most of the Marcus athletic teams in the training room and on the sidelines of games. Student athletic trainers are not managers or “water girls/boys”.

How Can I Get Involved?

If doing first aid, learning about athletic injuries, and helping on Marcus sidelines interests you, follow these three steps!

Step 1 - Sign up for Sports Medicine I (29121500) in Skyward & on your registration card. This class covers general / basic sports medicine information.

Step 2 - Join Google Classroom: “Sports Medicine I Application - Marcus High School” (*class code: cog4aqg*) & **Complete the online application.**
**Application also located on MHS Athletic Training website

Note: Requesting Sports Medicine I & completing the application is not a guarantee that you will be enrolled in the class.

***Entering the Sports Med II/student athletic trainer program is by selection / invitation of Athletic Training Staff and based on:**

- Your performance in Sports Medicine I
- Grades in all classes
- Attitude and behavior
- Conflicts with other activity involvement

***Student Athletic Training Involves:**

- Hands-on, real world activity participation
- Activities (i.e. practices, games, education sessions) before school, after school, and on some weekends; this will sometimes involve early mornings and late nights
- Time commitment typically does not allow for participation in athletics & other outside activities may interfere
- Dependability, responsibility, and good attitude

Sports Medicine Curriculum

Sports Medicine I – 29121500

- Fall 18 week class; state elective credit – open to incoming 9th through 11th graders
- Introduction to sports medicine; athletic training, and other medical professions
- Basic first aid & general medical conditions (sports medicine oriented)
- Introduction to anatomy & injuries including concussions
- Sports nutrition & supplements
- No student athletic trainer participation involvement / requirement

Sports Medicine II – 29121600

- Spring 18 week class; state elective credit
- Athletic Training Staff invitation required
- Student athletic trainer expectations including taping and bandaging techniques
- Musculoskeletal anatomy
- Evaluation, treatment, and rehabilitation of athletic injuries
- Emergency care of injuries (sports medicine oriented)
- Extra-curricular participation as a student athletic trainer required

Sports Training

- PE credit
- continuation of Student Athletic Trainer program participation (with LAT approval)

