

## Sports Medicine Notebook / Portfolio

Scoring Sheet  
(100 pts...Fall Semester)

Student Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

	<u>Excellent</u>	<u>Acceptable</u>	<u>Deficient</u>
Three Ring Binder + Cover	10	7	5 – 3 – 0
Organization and Dividers (labeled)	20	14	10 – 5 – 0
Table of Contents (each page numbered)	10	7	5 – 3 – 0
Neatness	10	7	5 – 3 – 0
Completeness of each “Unit”	20	14	10 – 5 – 0
Sports Med. Competencies	10 (w/ photos)	7	5 – 3 – 0
Training Room Experience Log	1 pt for each documented hour (30 max) = _____ hrs/pts		
Resume’ and Personal Essay	10	7	5 – 0
Notes <b>Typed</b> <u>or</u> <b>neatly printed</b> in black or blue ink (NO → subtract 30 points).			_____ / 100 pts

### Student Check-List for Notebook

Section	Notes	H/Outs	Assigns	Other
1. Intro to Sports Medicine	_____	_____	_____	_____
2. Emerg./Medical Considerations	_____	_____	_____	_____
3. Class. /Mech. of Injuries	_____	_____	_____	_____
4. Therapy / Rehabilitation	_____	_____	_____	_____
5. Foot / Ankle / Leg	_____	_____	_____	_____
6. Sports Med. Competencies ... (taping & bandaging {w/photos} and injury assessment “sheets”)	_____	_____	_____	_____
7. Training Room Experience Log	_____ (documented time sheets and observations-1pt per hr)	_____	_____	_____
8. Resume & Personal Essay	_____ (Current resume’; Essay → goals / achievements)	_____	_____	_____
9. Allied Health 100	_____ (Tasks 1 – 4)	_____	_____	_____

This assignment is a self-assessment exercise. Therefore, you need to critically evaluate your notebook. **Write a 75 to 150 word persuasive paragraph** in order to justify / support the grade that you think your notebook deserves. Be very specific in your writing. **You will only receive 50% of your earned points for this assignment without completing the written self-assessment.**

**Be Honest, Objective, and Reasonably Critical**

**Each student will also be presenting his/her notebook to a small group for peer evaluation.**

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**Sports Medicine Notebook / Portfolio**

Scoring Sheet

(100 pts x weight of 2...Spring Semester)

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4. Therapy / Rehabilitation	_____	_____	_____	_____
5. Foot / Ankle / Leg	_____	_____	_____	_____
6. Knee	_____	_____	_____	_____
7. Upper Extremity	_____	_____	_____	_____
8. Thorax / Abdomen / Head / Spine	_____	_____	_____	_____
9. Exercise Science / Hum. Perf.	_____	_____	_____	_____
10. Sports Med. Competencies ... (taping & bandaging {w/photos} and injury assessment “sheets”)				
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(Fall and Spring Semesters)**

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