

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 10- 10/2-10/5
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation	
M o n d a y	Notes: 2nd	Objective: Test the knowledge of anatomical landmarks, actions of muscles and skills to wrap common injuries. Lesson Overview: Assessments on elastic wraps and taping techniques	Academic Sports Med CTE Standards: 5.5 6.4 6.5
T u e s d a y	Notes: 3rd	Objective: Recognize and identify relevant skeletal anatomy of the foot/ankle and lower leg. Identify ligaments in the ankle along with the stress and movement they prevent. Lesson Overview: Start Unit 10 over the ankle L 1 Ligaments and Anatomy L 2 Foot ankle and lower leg.	Academic Sports Med CTE Standards: 6.5 2.2 2.3
W e d n e s d a y	Notes: 4th	Objective: Differentiate between common injuries and their mechanisms, signs, symptoms and treatments. Lesson Overview: L 3 Sprains and Strains L 4 Fractures and Dislocations	Academic Sports Med CTE Standards: 1.2 3.2
T h u r s d a y	Notes: 5th	Objective: Differentiate between chronic injuries and unique lower leg issues; and their mechanisms, signs, symptoms and treatments. Use effective questioning techniques to gather pertinent information. Justify appropriate evaluation techniques using organizational tools. Accurately record data to evaluate injury. Lesson Overview: L 5 Chronic and other injuries L 6 Injury evaluation of lower leg	Academic Sports Med CTE Standards: 6.1 3.2 1.2

F r i d a y	Notes: 6th	FALL BREAK	Academic Sports Med CTE Standards:
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