

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 6 – 9/5-9/8
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation	
M o n d a y	Notes:	Labor Day	Academic Sports Med CTE Standards:
T u e s d a y	Notes:	<p>Objective:</p> <p>2.0 Summarize knowledge of the body's systems and its development across the life span.</p> <p>2.3 Evaluate the demands of exercise and the result of injury on body systems.</p> <p>Lesson Overview:</p> <p>L 1 Assessment and Evaluation</p> <p>L 2 Injury Evaluation</p>	<p>Academic Sports Med CTE Standards:</p> <p>2.0</p> <p>2.3</p>
W e d n e s d a y	Notes:	<p>Objective:</p> <p>How tissues of the body react to different forces.</p> <p>They will also learn about basic muscle injuries.</p> <p>As a result of today's learning, students will be able to evaluate muscle injuries on body systems.</p> <p>Lesson Overview:</p> <p>L 3 Mechanical Forces and Muscle Injuries</p> <p>L4 Ligament, Joint and Nerve Injury</p>	<p>Academic Sports Med CTE Standards:</p> <p>2.2</p> <p>2.3</p> <p>2.4</p>
T h u r s d a y	Notes:	<p>Objective:</p> <p>1- Tell me the difference between a subluxation and a dislocation.</p> <p>2- Tell me the difference between a muscle spasm and a cramp?</p> <p>3- Tell me the difference between AOMS and DOMS.</p> <p>Evaluate what are important signs and symptoms when evaluating an injury</p> <p>Lesson Overview:</p> <p>L5 Fracture Evaluation</p>	<p>Academic Sports Med CTE Standards:</p> <p>6.1</p> <p>6.6</p> <p>6.4</p> <p>6.5</p>

		L6 Signs and Symptoms	
F r i d a y	Notes:	<p>Objective: Learn how to evaluate an injury using the steps and principles of HOPS and SOAP.</p> <p>Lesson Overview: L7 HOP Injury Evaluation</p>	<p>Academic Sports Med CTE Standards:</p> <p>6.1 6.2 6.5</p>