

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week Beginning: Week 11- 10/17-10/20
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 1	
M o n d a y	Notes: 16th	NO school	Academic Sports Med CTE Standards:
T u e s d a y	Notes: 17th	<p>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.</p> <p>Lesson Overview: Start Unit 10 over the ankle L 1 Ligaments and Anatomy L 2 Foot ankle and lower leg.</p>	<p>Academic Sports Med CTE Standards:</p> <p>6.5 2.2 2.3</p>
W e d n e s d a y	Notes: 18th	<p>Objective: Differentiate between common injuries and their mechanisms, signs, symptoms and treatments.</p> <p>Lesson Overview: L 3 Sprains and Strains L 4 Fractures and Dislocations</p>	<p>Academic Sports Med CTE Standards:</p> <p>1.2 3.2</p>
T h u r s d a y	Notes: 19th	<p>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.</p> <p>Lesson Overview: L 5 Chronic and other injuries L 6 Injury evaluation of lower leg</p>	<p>Academic Sports Med CTE Standards:</p> <p>6.1 3.2 1.2</p>

F r i d a y	Notes: 20th	<p>Objective:</p> <ol style="list-style-type: none"> 1. Use key rehabilitation terminology. 2. Identify sequential phases of rehabilitation. 3. Identify the specific therapeutic actions for each phase. 4. Create an outline for a rehab plan for a lower extremity injury. <p>Lesson Overview: L 8 Injury Rehab Lower leg.pptx</p>	<p>Academic Sports Med CTE Standards:</p> <p>6.5 8.1 8.2 8.3 8.4</p>
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