

Name: Colton Merrill ATC, CPT		Grading Quarter: 3	Week 5 Beginning: 2/5/24
School Year: 2023		Subject: Sports Medicine and Rehabilitation 1	
Monday	Notes: 28	<p>Objective:</p> <p>Define terms</p> <p>Identify secondary injuries in sports</p> <p>Identify proper body mechanics in transporting injured individuals</p> <p>List steps in transporting injured individuals and different types.</p> <p>Demonstrate the proper steps in transporting an injured individual using proper body mechanics.</p> <p>Lesson Overview:</p> <p>Unit 6 Lesson 1 Extrication part 1</p> <p>Unit 6 Lesson 2 Extrication part 2</p> <p>Crutches lab</p>	Academic Sports Med Standards: 5.9 5.8
Tu Extrication esday	Notes: 29	<p>Objective:</p> <p>Student will be able to:</p> <p>Define terms.</p> <p>Identify proper body mechanics in transporting injured individuals using stretches.</p> <p>List steps in transporting injured individuals using different types of stretchers.</p> <p>Demonstrate the proper steps in transporting an injured individual using proper body mechanics</p> <p>Lesson Overview:</p> <p>Unit 6 Lesson 1 Extrication part 3</p> <p>Spine boarding lab</p> <p>Study Guide</p>	Academic Sports Med Standards: 5.9 5.8
Wednesday	Notes: 30	<p>Objective:</p> <p>Assessment over Unit 3 First Aid and CPR and Unit 6 Extrication</p> <p>Lesson Overview:</p> <p>Study for Quiz</p> <p>Take quiz, closed note</p>	Academic Sports Med Standards: 5.0

Thursday	Notes: 31	<p>Objective: Summarize knowledge of the body's systems and its development across the life span. Evaluate the demands of exercise and the result of injury on body systems.</p> <p>Lesson Overview: Unit 4 Lesson 1 Assessment & Evaluation of Athletic Injury L 2 Injury Evaluation -</p>	<p>Academic Standards: 2.0 2.3</p>
Friday	Notes: 1	<p>Objective: How tissues of the body react to different forces. They will also learn about basic muscle injuries. As a result of today's learning, students will be able to evaluate muscle injuries on body systems</p> <p>Lesson Overview: L 3 Mechanical Forces and Muscle Injuries -</p>	<p>Academic Sports Med Standards: 2.3</p>