

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 3	Week 8 Beginning: Week 2/26/2024
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
M o n d a y	Notes:	<p>Objective:</p> <p>Describe the changes in the body that altitude causes</p> <p>Recognize the signs and symptoms of various altitude sicknesses</p> <p>Identify conditions relevant to hypothermia</p> <p>Identify common cold injuries</p> <p>Lesson Overview:</p> <p>L 1 Altitude Considerations</p> <p>L 2 Hypothermia.</p>	Academic Sports Med CTE Standards: 5.3
T u e s d a y	Notes:	<p>Objective:</p> <p>List the 5 factors that influence body temperature</p> <p>Match the types of heat disorders to their cause, signs/symptoms, and treatment</p> <p>Lesson Overview:</p> <p>L 3 Heat Disorders.</p> <p>L 3 Heat Disorders.</p>	Academic Sports Med CTE Standards: 5.3
W e d n e s d a y	Notes:	<p>Objective:</p> <p>Determine the sun protection timeframe for sunscreens.</p> <p>List risk management factors for lightning safety.</p> <p>Analyze gait on a treadmill</p> <p>Lesson Overview:</p> <p>L 5 Other Considerations</p> <p>Run on treadmill</p>	Academic Sports Med CTE Standards: 5.3
T h u r s d a y	Notes:	<p>Objective:</p> <p>Explain the purpose of ergogenic aids</p> <p>Analyze the pros and cons of ergogenic aid use</p> <p>Using all information, assess a performance enhancing product on the market and determine if its claims are legitimate</p> <p>Objectives</p> <p>Lesson Overview:</p> <p>Unit 5 quiz.</p> <p>L 1 Ergogenic Aids.ppt</p>	Academic Sports Med CTE Standards: 8.3

F r i d a y	Notes:	<p>Objective:</p> <p>Identify active ingredients in common over the counter medications.  Link active ingredients in these medications to medicinal purpose.  List side effects related to each active ingredient.  Identify which medication is appropriate in various cases. Explain the importance of understanding active ingredients in over the counter medications.</p> <p>Lesson Overview:  L 2 Active Ingredients in OTC</p>	<p>Academic  Sports Med CTE  Standards:</p> <p>8.3</p>
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