

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 3	Week 9 Beginning: 3/4/2024
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 1	
M o n d a y	Notes:	<p>Objective: Define terms relating to taping and bandaging. Identify supplies and equipment used in taping and bandaging</p> <p>Lesson Overview: L 1 Taping and Bandaging L 2 Elastic Wraps</p>	Academic Sports Med CTE Standards: 5.5
T u e s d a y	Notes:	<p>Objective: Review anatomy of the Hip and shoulder. Define indications and contraindications to using elastic wraps. Be able to point out anatomical landmarks. Learn actions of muscles that are commonly strained.</p> <p>Lesson Overview: L 3 HIP SPICAS - L 4 Shoulder Wrap</p>	Academic Sports Med CTE Standards: 5.5 6.4
W e d n e s d a y	Notes:	<p>Objective:</p> <p>Lesson Overview: L 5 Misc. Taping and bandaging L 6 Ankle taping 101</p>	Academic Sports Med CTE Standards: 5.5 6.4 6.5
T h u r s d a y	Notes:	<p>Objective: Test the knowledge of anatomical landmarks, actions of muscles and skills to wrap common injuries.</p> <p>Lesson Overview: Assessments on elastic wraps and taping techniques</p>	Academic Sports Med CTE Standards: 5.5 6.4 6.5

F r i d a y	Notes:	<p>Objective:</p> <p>Recognize and identify relevant skeletal anatomy of the foot/ankle and lower leg.</p> <p>Identify ligaments in the ankle along with the stress and movement they prevent.</p> <p>Lesson Overview:</p> <p>Start Unit 10 over the ankle</p> <p>L 1 Ligaments and Anatomy</p>	<p>Academic Sports Med CTE Standards:</p> <p>6.5</p> <p>2.2</p> <p>2.3</p>
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