

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week Beginning:
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	Objective: Define terms Identify secondary injuries in sports Identify proper body mechanics in transporting injured individuals List steps in transporting injured individuals and different types. Demonstrate the proper steps in transporting an injured individual using proper body mechanics. Lesson Overview: Unit 6 Lesson 1 Extrication part 1 Crutches lab	Academic Standards: 5.8 5.9
Tuesday	Notes:	Objective: List steps in transporting injured individuals and different types. Demonstrate the proper steps in transporting an injured individual using proper body mechanics. Lesson Overview: Unit 6 Lesson 2 Extrication part 2	Academic Standards: 5.8 5.9
Wednesday	Notes:	Objective: Student will be able to: Define terms. Identify proper body mechanics in transporting injured individuals using stretches. List steps in transporting injured individuals using different types of stretchers. Demonstrate the proper steps in transporting an injured individual using proper body mechanics Lesson Overview: Unit 6 Lesson 1 Extrication part 3 Spine boarding lab	Academic Standards:

Thursday	Notes:	<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> <p>Lesson Overview:</p>	Academic Standards:
Friday	Notes:	<p>Objective:</p> <p>Lesson Overview:</p>	Academic Standards:

Name:

Colton Merrill ATC, CPT

Grading Quarter:

1

Week Beginning:

Week 5- 8/28-9/1

School Year: 2023 Subject: Sports Medicine and Rehabilitation 1 Monday

Notes:

28

Objective:

Define terms

Identify secondary injuries in sports

Identify proper body mechanics in transporting injured individuals

List steps in transporting injured individuals and different types.

Demonstrate the proper steps in transporting an injured individual using proper body mechanics.

Lesson Overview:

Unit 6 Lesson 1 Extrication part 1

Unit 6 Lesson 2 Extrication part 2

Crutches lab

Academic

Sports Med

Standards:

5.9

5.8

Tu Extrication esday

Notes:

29

Objective:

Academic

Sports Med

Standards:

5.9

5.8

Wednesday

Notes:

30

Objective:

Assessment over Unit 3 First Aid and CPR and Unit 6 Extrication

Lesson Overview:

Study for Quiz

Take quiz, closed note

Academic

Sports Med

Standards:

5.0

Thursday

Notes:

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.

Lesson Overview:

Unit 4 Lesson 1 Assessment & Evaluation of Athletic Injury

L 2 Injury Evaluation -

Academic

Standards:

2.0

2.3

Friday

Notes:

1

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

Lesson Overview:

L 3 Mechanical Forces and Muscle Injuries -

Academic

Sports Med

Standards: