

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week 2 Beginning: 01/13/2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	Objective: Student will be able to: Define terms. Identify proper body mechanics in transporting injured individuals using stretchers. 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 Study Guide	Academic Standards: 5.8 5.9
	Notes:	Objective: Define terms relating to taping and bandaging. Identify supplies and equipment used in taping and bandaging Lesson Overview: L 1 Taping and Bandaging	Academic Standards: 5.5
	Notes:	Objective: Define terms relating to taping and bandaging. Identify supplies and equipment used in taping and bandaging Lesson Overview: L 2 Elastic Wraps	Academic Standards: 5.5
	Notes:	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. Lesson Overview: L 3 HIP SPICAS -	Academic Standards: 5.5 6.4

Friday	Notes:	<p>Objective:</p> <p>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:</p> <p>L 4 Shoulder Wrap</p>	Academic Standards: 5.5 6.4
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