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| Name:<br>Colton Merrill ATC, CPT |              | Grading Quarter:<br>1                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Week Beginning:<br>Week 5- 8/28-9/1                |
| School Year: 2023                |              | Subject: Sports Medicine and Rehabilitation 1                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                    |
| Monday                           | Notes:<br>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<br>Sports Med<br>Standards:<br>5.9<br>5.8 |
| Tu<br>Extrication esday          | Notes:<br>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<br>Sports Med<br>Standards:<br>5.9<br>5.8 |
| Wednesday                        | Notes:<br>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<br>Sports Med<br>Standards:<br>5.0        |

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| Thursday | Notes:<br><br>31 | <p>Objective:<br/>Summarize knowledge of the body's systems and its development across the life span.<br/>Evaluate the demands of exercise and the result of injury on body systems.</p> <p>Lesson Overview:<br/>Unit 4 Lesson 1 Assessment &amp; Evaluation of Athletic Injury<br/>L 2 Injury Evaluation -</p> | <p>Academic Standards:<br/>2.0<br/>2.3</p>    |
| Friday   | Notes:<br><br>32 | <p>Objective:<br/>How tissues of the body react to different forces.<br/>They will also learn about basic muscle injuries.<br/>As a result of today's learning, students will be able to evaluate muscle injuries on body systems</p> <p>Lesson Overview:<br/>L 3 Mechanical Forces and Muscle Injuries -</p>   | <p>Academic Sports Med Standards:<br/>2.3</p> |