

Name: Colton Ike Merrill		Grading Quarter: 1	Week Beginning: Week 5- 8/28 to 9/1
School Year: 2023		Subject: Sports Medicine and Rehabilitation 2	
Monday	Notes: 28	<p>Objective:</p> <ol style="list-style-type: none"> 1. Review common types of wounds. 2. Explain general steps of wound care. 3. Demonstrate wound care technique. 4. Identify and understand the importance of referring to certain wounds. <p>Review and demonstrate taking a victim's vital signs. Understand the purpose of taking a SAMPLE. Create and practice documenting SAMPLE for an emergency situation. Explain the various types of splinting techniques and the rationale behind splinting a body part. Demonstrate and apply splints to various body parts to immobilize musculoskeletal injuries</p> <p>Lesson Overview: L 10 Wound Care L11 Splinting</p>	Academic Standards: 5.8 5.1
Tuesday	Notes: 29	<p>Objective:</p> <p>Identify situations in which a victim may need to be placed on a spine board.</p> <p>Review proper mechanics and technique and demonstrate proper steps in placing a victim on a spine board.</p> <p>Review emergency procedures including assessing vital signs, taking a SAMPLE, splinting and providing neck/back injury care Demonstrate response to an emergency situation practicing advanced first aid skills</p> <p>Lesson Overview: L 12 Spine Boarding L 13 Scenarios</p>	Academic Standards: 5.8 5.9 5.10
Wednesday	Notes: 30	<p>Objective:</p> <p>Prepare for and take Unit 3 Advanced CPR and First Aid quiz</p> <p>Lesson Overview:</p> <p>UNIT #3 QUIZ</p>	Academic Standards: 5.0

Thursday	<p>Notes:</p> <p>31</p>	<p>Objective:</p> <p>Understand terminology related to wound care.</p> <p>Identify and demonstrate steps involved in properly caring for an open wound</p> <p>Identify and explain situations in which an open wound would need to be referred for further care</p> <p>Understand terminology related to assessment and care of muscle, bone and joint injuries</p> <p>Identify muscle, bone and joint injuries and what acute care is needed</p> <p>Differentiate between acute care immobilization and immobilization for the healing process</p> <p>Demonstrate use of splints and immobilizers</p> <p>Lesson Overview:</p> <p>L 1 Basic Open Wound Care</p> <p>L 2 Basic Muscle, Bone and Joint Injury Care</p>	<p>Academic Standards:</p> <p>5.6</p> <p>5.7</p>
Friday	<p>Notes:</p> <p>1</p>	<p>Objective:</p> <p>Understand the terminology involved in the phases of soft tissue healing</p> <p>Identify and explain the phases of soft tissue healing</p> <p>Contrast the phases of soft tissue healing</p> <p>Lesson Overview:</p> <p>L 3 Soft Tissue Healing Phases</p>	<p>Academic Standards:</p> <p>5.7</p>