

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 7 - 9/11 - 9/15
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
M o n d a y	Notes:  11	<p>Objective:</p> <ol style="list-style-type: none"> <li>1. Understand the terminology involved in the phases of soft tissue healing</li> <li>2. Identify and explain the phases of soft tissue healing</li> <li>3. Contrast the phases of soft tissue healing</li> <li>4. Identify terminology specific to bones</li> <li>5. Understand and describe purpose of bones in the body</li> <li>6. Describe the phases of fracture healing</li> <li>7. Compare/contrast soft tissue healing with bone healing</li> </ol> <p>Lesson Overview:</p> <p>L3 Soft Tissue Healing Process</p> <p>L4 Fractured Healing</p>	Academic Sports Med CTE Standards:  6.6
T u e s d a y	Notes:  12	<p>Objective:</p> <ol style="list-style-type: none"> <li>1. Understand key terminology related to pain and pain control</li> <li>2. Utilize pain scales to help determine the severity of pain</li> <li>3. Analyze various pain theories and methods of pain control</li> <li>4. Understand terminology associated with the tissue healing and rehabilitation process</li> <li>5. Examine conditions or situations that can help or hinder the healing process</li> <li>6. Understand biomechanical changes and secondary injuries that can occur during healing process and rehabilitation</li> </ol> <p>Lesson Overview:</p> <p>L5 Pain</p> <p>L6 Things that Hinder or Help Healing</p>	Academic Sports Med CTE Standards:  8.0
W e d n e s d a y	Notes:  13	<p>Objective:</p> <p>Learn new gait terminology</p> <p>Understand and demonstrate the components of the gait cycle</p> <p>Demonstrate ability to calculate gait measurements</p> <p>Lesson Overview:</p> <p>L 7 Gait Analysis -</p> <p>L 8 Abnormal Gait -</p>	Academic Sports Med CTE Standards:  6.8

T h u r s d a y	Notes:  14	Objective: Study and review all information learned in Unit 4 Tissue Healing. Prepare for test. Finish study guide  Lesson Overview: Study Guide Kahoot	Academic Sports Med CTE Standards:  6 8
F r i d a y	Notes:  15	Objective: Unit 4 Test over Tissue Healing  Lesson Overview:	Academic Sports Med CTE Standards:  6 8