

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 8- 9/18-9/22
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation	
M o n d a y	Notes:	<p>Objective:</p> <ol style="list-style-type: none"> 1. Identify individual reaction to injury. 2. List individual response to injury. 3. Recognize individual response to injury <p>By the end of this lesson you will be able to:</p> <p>Define terminology</p> <p>Identify individual reaction to Injury</p> <p>List individual response to injury</p> <p>Recognize individual injury response</p> <p>Lesson Overview:</p> <p>L 2 Physical Response to Injury.</p> <p>L 3 Physiological Response to Injury.</p>	<p>Academic Sports Med CTE Standards:</p> <p>8.1</p> <p>6.7</p> <p>7.4</p>
T u e s d a y	Notes:	<p>Objective:</p> <p>Define Return to Play Terminology.</p> <p>Identify Return to Play Steps.</p> <p>Learn to collaborate and work with a group to make and present a poster on one of the injury prevention methods.</p> <p>Lesson Overview:</p> <p>L 4 Return to Play</p> <p>L 5 Injury prevention Poster project</p>	<p>Academic Sports Med CTE Standards:</p> <p>7.6</p>
W e d n e s d a y	Notes:	<p>Objective:</p> <p>Assessment over unit 4 Evaluation and Assessment and Unit 5 Injury Prevention</p> <p>Lesson Overview:</p> <p>Assessment Test and practicum</p>	<p>Academic Sports Med CTE Standards:</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>10</p>

T h u r s d a y	Notes:	<p>Objective:</p> <ol style="list-style-type: none"> 1 Explain the purpose of ergogenic aids 2. Analyze the pros and cons of ergogenic aid use 3. Using all information, assess a performance enhancing product on the market and determine if its claims are legitimate <p>6 Objectives</p> <p>Lesson Overview: L 1 Ergogenic Aids.ppt L 2 Active Ingredients in OTC</p>	<p>Academic Sports Med CTE Standards:</p> <p>8.3</p>
F r i d a y	Notes:	<p>Objective:</p> <p>List the 5 factors that influence body temperature</p> <p>Match the types of heat disorders to their cause, signs/symptoms, and treatment</p> <p>Lesson Overview: L 3 Heat Disorders L 4 Preventing Heat Disorders</p>	<p>Academic Sports Med CTE Standards:</p> <p>5.3</p>