

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 9 – 9/25- 9/29
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 1	
M o n d a y	Notes: 25	Objective: Define terms relating to taping and bandaging. Identify supplies and equipment used in taping and bandaging Lesson Overview: L 1 Taping and Bandaging L 2 Elastic Wraps	Academic Sports Med CTE Standards: 5.5
T u e s d a y	Notes: 26	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 - L 4 Shoulder Wrap	Academic Sports Med CTE Standards: 5.5 6.4
W e d n e s d a y	Notes: 27	Objective: Lesson Overview: L 5 Misc. Taping and bandaging L 6 Ankle taping 101	Academic Sports Med CTE Standards: 5.5 6.4 6.5
T h u r s d a y	Notes: 28	Objective: Test the knowledge of anatomical landmarks, actions of muscles and skills to wrap common injuries. Lesson Overview: Assessments on elastic wraps and taping techniques	Academic Sports Med CTE Standards: 5.5 6.4 6.5

F r i d a y	Notes: 29	Objective: Recognize and identify relevant skeletal anatomy of the foot/ankle and lower leg. Identify ligaments in the ankle along with the stress and movement they prevent. Lesson Overview: Start Unit 10 over the ankle L 1 Ligaments and Anatomy	Academic Sports Med CTE Standards: 6.5 2.2 2.3
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