

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week Beginning: Week 9 - 12 /11 -12 /15
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
M o n d a y	Notes:	<p>Objective: Students will learn and practice their skills at preparing for a basketball game. Perform the proper pregame tape and set up hydration stations.</p> <p>Lesson Overview: Basketball game set up.</p>	Academic Sports Med CTE Standards: 5.5
T u e s d a y	Notes:	<p>Objective: Understand how tissue healing and modalities will influence a rehabilitation program Review the goals of a rehabilitation program and understand the role a therapist will play in program implementation Examine student expectations for Therapy and Exercise Unit</p> <p>Lesson Overview: L 1 Overview of Rehab.pptx L2 Early Therapy Stages.pptx</p>	Academic Sports Med CTE Standards:  6.7 8.2
W e d n e s d a y	Notes:	<p>Objective: Understand terminology relevant to the rehabilitation process Explain and demonstrate early strengthening, endurance and proprioceptive exercises for a rehabilitation program</p> <p>Lesson Overview: L 3 Muscular Strength, Endurance and Proprioception L 4 Sports_Medicine_and_Rehabilitation_Muscle_Strength_Later_Stage.</p>	Academic Sports Med CTE Standards:  6.7 7.6
T h u r s d a y	Notes:	<p>Objective: Understand terminology relevant to the rehabilitation process Understand similarities and differences between functional training and sports specific training and develop an exercise regimen for each</p> <p>Lesson Overview: L 5 Functional Training and Sports Specific Rehab L 6 Rehab project L 7 Therapy and Unique Populations</p>	Academic Sports Med CTE Standards:  6.7 7.6

F r i d a y	Notes:	<p>Objective:</p> <p>Understand the benefits of strength and conditioning programs for the elderly</p> <p>Examine the modifications and protocol to ensure safety of the geriatric client</p> <p>Lesson Overview:</p> <p>L 8 Geriatric Populations</p>	<p>Academic Sports Med CTE Standards:</p> <p>6.7</p> <p>9.1</p>
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