

Name: Colton Merrill, ATC, CPT		Grading Quarter: 2	Week 11 Beginning: October 15, 2024
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	Fall break NO SCHOOL	Academic Standards:
Tuesday	Notes:	<p>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.</p> <p>Lesson Overview: Start Unit 10 over the ankle L 1 Ligaments and Anatomy</p>	<p>Academic Standards:</p> <p>6.5 2.2 2.3</p>
Wednesday	Notes:	<p>Objective: Recognize and identify relevant Muscular anatomy of the foot/ankle and lower leg. Identify movements in the ankle along with the manual muscle testing.</p> <p>Lesson Overview: L 2 Foot ankle and lower leg muscular anatomy</p>	<p>Academic Standards:</p> <p>6.5 2.2 2.3</p>
Thursday	Notes:	<p>Objective: Differentiate between common injuries and their mechanisms, signs, symptoms and treatments.</p> <p>Lesson Overview: L 3 Sprains and Strains</p>	<p>Academic Standards:</p> <p>1.2 3.2</p>

Friday	Notes:	<p>Objective:</p> <p>Lesson Overview:</p> <p>Objective:</p> <p>Differentiate between common injuries and their mechanisms, signs, symptoms and treatments.</p> <p>Lesson Overview:</p> <p>Finish L 3 Sprains and Strains</p>	<p>Academic Standards:</p> <p>1.2</p> <p>3.2</p>
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