

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 4 Beginning: January 27, 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	<p>Objective: Review anatomy of the foot and ankle. Define indications and contraindications to using arch tape job</p> <p>Lesson Overview: L 5 Misc. Taping and bandaging L 6 Ankle taping 101</p>	<p>Academic Standards: 5.5 6.4 6.5</p>
Tuesday	Notes:	<p>Objective: Objective: Test the knowledge of anatomical landmarks, actions of muscles and skills to wrap common injuries.</p> <p>Lesson Overview:  L 6 Ankle taping 101</p>	<p>Academic Standards: 5.5 6.4 6.5</p>
Wednesday	Notes:	<p>Objective: Test the knowledge of anatomical landmarks, actions of muscles and skills to wrap common injuries.</p> <p>Lesson Overview:  Assessments on elastic wraps and taping techniques</p>	<p>Academic Standards:  5.5 6.4 6.5</p>
Thursday	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: 5.5 6.4 6.5</p>

Friday	Notes:	<p>Objective:</p> <p>Recognize and identify relevant skeletal anatomy of the foot/ankle and lower leg.</p> <p>Identify ligaments in the ankle along with the stress and movement they prevent.</p> <p>Lesson Overview:</p> <p>Start Unit 10 over the ankle</p> <p>L 2 Foot ankle and lower leg.</p>	<p>Academic Standards:</p> <p>6.5</p> <p>2.2</p> <p>2.3</p>
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