

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 1 Beginning: March 17, 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	No School Spring Break Professional Development	Academic Standards:
Tuesday	Notes:	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 Lesson Overview: L 1 Overview of Rehab.pptx	Academic Standards: 6.7 8.2
Wednesday	Notes:	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 Lesson Overview: L2 Early Therapy Stages.pptx	Academic Standards: 6.7 7.6
Thursday	Notes:	Objective: Understand terminology relevant to the rehabilitation process Explain and demonstrate early strengthening, endurance and proprioceptive exercises for a rehabilitation program Lesson Overview: L 3 Muscular Strength, Endurance and Proprioception .	Academic Standards: 6.7 7.6

Friday	Notes:	<p>Objective:</p> <p>Understand terminology relevant to the rehabilitation process</p> <p>Explain and demonstrate early strengthening, endurance and proprioceptive exercises for a rehabilitation program</p> <p>Lesson Overview:</p> <p>L 4 Sports_Medicine_and_Rehabilitation_Muscle_Strength_Later_Stage.</p>	Academic Standards:
--------	--------	---	---------------------