

Today, November 13th



- **All** – Pick-up Employability Skills Rating
- **Intro** – Mask and gloves out
- **Advanced** – Warm-ups out
- **Weekend Check-In**
- **Reminders n' Stuff:**



- Employability Skills Ratings “de-mystification”
- CLUB MED meets earlier this Weds. @8:30am
- Teacher Offerings Wednesday; BLS re-takes or 1st attempts preferred



Today, November 13th



Introduction to Sports Medicine

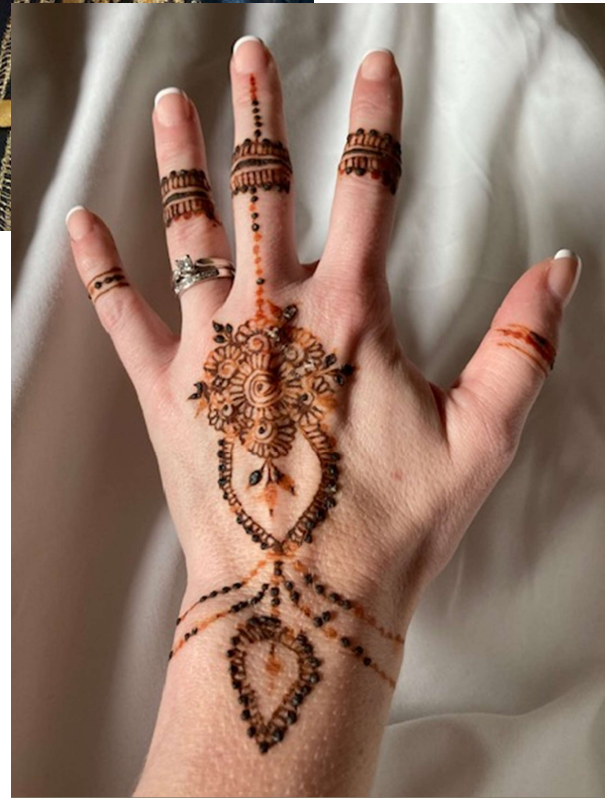
- **Exam:** Continue BLS Practicals (those who do not pass on their first attempt *will have to re-test during Flextime or after school*)
- **Assignment:** Chapter 6 – Environmental Considerations Worksheet (due date TBD)



Advanced Sports Medicine

- **Warm-Up:** Rehab Review
- Introduce plan for Semester Leadership Project; begin research





Employability Skills Rating

- **Red** = 10/9-11/3, weeks scored for QTR1 (which overlapped MT1)
- **(Red)** = 10/9-10/13, week which got scored for MT1, but should not have been
- **Green** = 9/11-9/15, which I mistakenly did not count for your MT1 rating
- **Blue** = adjusted for missing 9/11-9/15 (added) and 10/9-10/13 having already been scored (subtracted)

Warm-Up (No notes, no blanks)

1. List as many goals of rehab as you can. Order does not matter...for now!
2. In terms of a rehab program/plan, how do short-term goals and long-terms goals differ? Provide an example of each.
3. What are some things/concepts AT's must be familiar with in order to implement an effective rehabilitation program?

Warm-Up Key

1. ↓ pn/swelling, re-establish neuromuscular control, improve core stability, ↑ ROM, restore mm strength/endurance, regain balance and postural control, maintain cardiovascular endurance, incorporate functional progression, meet return-to-play/participation criteria
2. Short-term goals (days-weeks) serve to work up to long-term goal(s) (months-years) which is most often RTP
3. The healing process, psychology of injury/rehab, the kinetic chain, pathomechanics of injury, rehab tools, kinesiology (functional movement)