

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 4	Week 6 Beginning: 4/22/24
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
M o n d a y	Notes:	<p>Objective: Assess behaviors that are representative of stress and apply appropriate coping mechanisms to such stressors</p> <p>Lesson Overview: L 7 Coping Techniques. L 8 Goal Setting</p>	<p>Academic Sports Med CTE Standards:</p> <p>9.3 9.1 9.2</p>
T u e s d a y	Notes:	<p>Objective: Examine the effect society has on sport and the effect that sport has on society</p> <p>Lesson Overview: L 9 Society and Athletes. L 10 Body image and disordered eating.</p>	<p>Academic Sports Med CTE Standards:</p> <p>9.1 9.2 9.3</p>
W e d n e s d a y	Notes:	<p>Objective: Recognize & identify the common types of medications used in society and the justifications for their use Identify the differences between therapeutic and recreational drugs Describe the 5 Rights involved in the use of medications</p> <p>Lesson Overview: L 5 Common Therapeutic meds. L 6 drug basics.pptx</p>	<p>Academic Sports Med CTE Standards:</p> <p>8.3 3.6</p>
T h u r s d a y	Notes:	<p>Objective: Learn more about contemporary ergogenic aids and their efficacy Understand the process and purpose of the drug testing procedures at various levels of sport</p> <p>Lesson Overview: L 7 Ergogenic aid cont.ppt L 8 Drug Testing in Sports.</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.6</p>

F r i d a y	Notes:	No school PD	Academic Sports Med CTE Standards:
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