



# Course: Care and Prevention of Athletic Injuries

## Distance Learning Plan

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Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Lesson/Topic:</b>	<b>Review of Care and Prevention Basic Terminology</b>	<b>Athletic Taping of Injuries</b>	<b>Hydration</b>	<b>5 Common Sports Injuries</b>	<b>Prevention and Care of Athletic Injuries</b>
<b>Resources:</b>	<a href="https://quizlet.com/610odl?x=1jqt">https://quizlet.com/610odl?x=1jqt</a>	<b>Video 1:</b> <a href="http://www.viewpure.com/sBgwY7cf_vl?start=0&amp;end=0">http://www.viewpure.com/sBgwY7cf_vl?start=0&amp;end=0</a> <b>Video 2:</b> <a href="http://www.viewpure.com/2Bq1ZtAgmbk?start=0&amp;end=0">http://www.viewpure.com/2Bq1ZtAgmbk?start=0&amp;end=0</a> <b>Video 3:</b> <a href="http://www.viewpure.com/lOonrJhsBt0?start=0&amp;end=0">http://www.viewpure.com/lOonrJhsBt0?start=0&amp;end=0</a>	<a href="http://www.viewpure.com/kBLeD9cKasA?start=0&amp;end=0">http://www.viewpure.com/kBLeD9cKasA?start=0&amp;end=0</a>	<a href="http://www.viewpure.com/upxeWJs5Pio?start=0&amp;end=0">http://www.viewpure.com/upxeWJs5Pio?start=0&amp;end=0</a>	<a href="https://quizlet.com/30rd1s?x=1jqt">https://quizlet.com/30rd1s?x=1jqt</a>
<b>Task:</b>	Practice flashcard terms for Care and Prevention on Quizlet	Watch the taping mechanisms for an ACL/PCL knee, wrist (flexion) and ankle(sprain).  While watching, record the key steps and any tips that stand out.	Watch video. Create a Tips Card for student athletes.  You may sketch it or use computer tools.	List the 5 most common injuries to athletes and research or apply previous learning to determine a strengthening exercise or prevention technique for each injury.	Review Flashcards/ Information on Quizlet  Then Play Match Game at link below, record each sections time it took you to successfully complete.  <a href="https://quizlet.com/182675152/match">https://quizlet.com/182675152/match</a>
<b>Recommended Duration:</b>	15 minutes	15 minutes	20 minutes	20 minutes	20 minutes