Injury Current Event

* Pick a professional or collegiate sport currently happening and select an injury that has happened within 2018-2019
* Create a minimum of 3-5 minute powerpoint/google presentation on the injury
* Let me know what the injury or player you want to do to make sure nobody is doing the same one
* Write a brief presentation on the injury
  + Who the athlete is? What position, What do they need to be able to do?
    - Identify a movement important for their position and analyze what they do at specific joints: neck,shoulder,elbow,forearm,wrist,trunk,scapula,hip,knee,ankle
  + Explain what the injury is. Identify the proper names of the bones and if it is a muscle injury identify the action, origin, and insertion. If it’s a ligament must include what bones it connects. Must include an image,
  + How it happened? Specifically for that athlete.
  + What they did for immediate treatment if stated, if it doesn’t say what you would do.
    - Ex if someone sprained their ankle they may put them in a walking boot
  + Give at least 3 examples of rehab exercises they might do. 1 for early stages (Range of Motion), 1 for middle stages (strengthening), 1 sport specific drill they may need to complete.
  + how long it is expected for them to be out.
  + If they require surgery a very brief description of what the surgery procedure is
  + Any other interesting information about injury or athlete
* They will be due to my email by class time on and we will go through presentations that week.

Email to [bgoodale@wcpss.net](mailto:bgoodale@wcpss.net)

Rubric:

5 points: selected athlete and emailed to me by class time on Wednesday

5 points: Project turned in before class Friday

10 points: Accurately identifies what the athlete has to be able to do at their position

10 points: Accurately analyzes a sport specific movement

20 points: Accurately identifies the injury and explains it

10 points: Accurately explains the MOI for that athlete

10 points: Gives what treatment was for the athlete or has what treatment could be done.

20 points: Has 3 rehab exercises total: 1 for early, 1 for middle, 1 for late stages (describe the exercise. Cannot just put ankle strengthening exercises)

10 points: Creativity: includes video, pictures, etc.