Injury Research Project Rubric

Directions: Write a research paper between 4-5 pages, you should include all the following​ information. \*\*\*Label each section of your paper using the grading criteria below.

Along with paper you will create a 5-8 min presentation on the injury. Must have all the same categories of information as paper but organized in a presentation. Include images that improve understanding of slides and should include at least 1 video. You are to become an “expert” on your injury. be able to present the information well and respond to questions.

**Injury:**​ Stated​ ​/2

Description​ ​/6 ​ ​/8

**Anatomy:**​ Anatomy of injured area​ ​/10 ​ ​/10

**Causes:**​ Acute versus Chronic​ ​/2

Demographics/Frequency of Occurrence ​ ​/2

Mechanism of Injury (s)​ ​/ 3 at least 3 different sport scenarios ​/10

**Tests/ Diagnosing:**​ Stated examinations necessary​ ​/3

Possible X­rays or follow up tests​ ​/2

Signs and Symptoms​ ​/5

Special Tests​ ​/5 ​ ​/15

**Treatment:**​ Stated​ ​/6: everything you would do from the time that injury happened on field to having them seen. (must explain each portion of RICE if that’s part of treatment)

Medication or surgery needed​ ​/3

Success Rate\_\_\_\_\_/2 ​ ​/11

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| --- | --- |
| **Rehab 2 exercises for each:**​ Initial Rehab\_\_\_\_/3  Periodization (progression) of Rehab\_\_\_\_/4 |  |
| Return to Play\_\_\_\_/3  **Prevention:**​ Sports​ ​/4 | \_\_\_\_\_\_/10 |
| Non Athletic Prevention​ ​/4 | ​ ​/8 |
| **Complications:**​ Detailed Descriptions/possible end result​ ​/10 | ​ ​/10 |

**Visual Aides:**​ At least three to four (presentation)​ ​/6 ​ ​/8

|  |  |
| --- | --- |
| At least two (essay)​ ​/2 |  |
| Quality of paper and writing, ​**Work Cited**​ (MLA format): | \_\_\_\_\_/10 |

Total

\_\_\_\_\_/100