

# LONG TERM INJURY PROJECT



Whenever a student sustains a long-term injury in class (2 weeks or more) they are required to complete this injury assignment. All aspects of the project need to be completed. An injured student misses a lot of run, fitness, and unit activities that account for their overall participation grade, therefore, there has to be a reasonable way to make up those points. This assignment will earn back all credit lost during your injury time. ***IF THIS INJURY PROJECT IS NOT TURNED IN, YOU WILL NOT RECEIVE PASSING CREDIT FOR ANY ACTIVITIES DONE DURING YOUR MISSED TIME.***

DUE: One week before the end of the current quarter.

## PROJECT SPECIFICATIONS :

A. All long term injured students must:

1. Turn in a doctor's note (you can include in your project if you want)
2. If in rehab, a note from your Physical Therapist stating that you are participating regularly in physical therapy

B. You can do this project in ONE of THREE ways:

### 1. WRITTEN ASSIGNMENT

- a. Must be in a presentation type folder (clear plastic front)
- b. Title page with your name, period and roll call
- c. All written aspects must be typed, using 12 font, Times New Roman and normal margins
- d. Include AT LEAST one diagram of your injury
- e. Photocopy of your doctor's note
- f. Bibliography included all of your sources

### 2. MOVIE

- a. Must be in Quicktime format (a format that I can watch on my Mac computer)
- b. Must include a bibliography of all sources
- c. Must include rolling credits of all people in the movie
- d. Movie must be transferred to me via a USB Drive
- e. Must turn in a copy of your doctor's note (these can also be incorporated into your movie, be creative)

### 3. POWER POINT PRESENTATION

- a. Can be handed in either printed out (in color); USB drive or email
- b. Must include good, summarized bullet points (when applicable)
- c. Must include several diagrams (be creative)
- d. Must include a bibliography of all sources used

NOTE: I DO NOT HAVE A SPECIFIC LENGTH FOR ANY OF THE PROJECTS. USE YOUR CREATIVITY IN ALL OF THEM TO INCLUDE ALL OF THE FOLLOWING TOPICS BELOW. I AM CONCERNED ONLY WITH QUALITY AND CREATIVITY, NOT QUANTITY.

## TOPICS THAT MUST BE INCLUDED IN YOUR PROJECT:

A. Describe specifically what and where your injury is.

- Include whether it is tendon, ligament, muscle or bone related
- Include exactly where on your body using terms like posterior, anterior, upper or lower extremity

B. Describe specifically how and where you got the injury.

- Is it an injury you sustained or a chronic injury you have been dealing with for a while

- C. Describe how long this injury will keep you from regular physical activity.
- D. Describe several exercises that can be done to rehabilitate this injury (this is a good section to use diagrams and/or visuals to show the exercises).
  - Include whether you have started them yet or not. If so, describe your experience.
  - Include how often you will need to do these exercises.
  - Include challenges you will have in staying consistent with these exercises.
- E. Describe why it is important to know alternative exercises when injured.
- F. Describe the RICE principle.
  - a. Include whether you use it and how often.

Remember, to be injured does not mean that you can not be active. It means that you need to be educated about what your injury is and how you can adjust your lifestyle to accommodate your health and fitness.

Good Luck on this project. It is going to take time so do not procrastinate.