

# LONG TERM INJURY PROJECT



Whenever a student sustains a long-term injury in class (3 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 a large percentage of their overall participation grade, therefore, there has to be a reasonable way to make up those points. This assignment will earn back much of the 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 trimester.

## PROJECT Details:

All long term injured students must:

1. Turn in a doctor's note
2. If in rehabilitation: a note from your Physical Therapist stating that you are participating regularly in physical therapy.

You can do this project in ONE of THREE ways:

1. **WRITTEN ASSIGNMENT**
  - a. Include AT LEAST one diagram/photo of your injury
  - b. Photocopy of your doctor's note
  - c. Bibliography including all of your sources
2. **MOVIE**
  - a. Include a bibliography of all sources
  - b. Turn in a copy of your doctor's note (these can also be incorporated into your movie, be creative)
3. **SLIDES/PRESI/POWER POINT PRESENTATION**
  - a. Share with me via email
  - b. Include a bibliography of all sources used

**Important NOTE:** There is not a specific length for these projects. You must address all items listed below. Use creativity to produce a project of quality!

## ITEMS TO INCLUDE IN YOUR PROJECT:

- A. Describe your injury: specifically, **what and where** your injury is.
  - Include whether it is tendon, ligament, muscle or bone related
- B. Describe specifically **how and where** you got the injury.
  - Is it an injury you sustained or a chronic injury you will have to adapt to
- C. Describe **how long** this injury will keep you from regular physical activity.
- D. Describe **3 upper body or lower body strength exercises AND 1 cardiovascular endurance** activity you can still do despite your injury.
  - If you have a lower body injury, select upper body strength exercises. If you have an upper body injury, select lower body strength exercises.
  - Include how often you will need to do these exercises.
  - Include challenges you will have in regularly performing these exercises.
- E. Describe at least **3 strength or flexibility 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 performing the exercises.
  - Include how often you will need to do these exercises.
  - Include challenges you will have in regularly performing these exercises.
- F. Describe why it is important to know alternative exercises when injured.
- G. Describe the RICE principle.

a. Include whether you use it and if you do be specific about how often.

Remember, to be injured does not mean that you cannot 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.