

LONG TERM INJURY PROJECT #2

Whenever a student sustains a long-term injury in class (6 weeks or more) they are required to complete this second 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.**

PROJECT Details:

Your project may be any of the following: Slides Presentation, Essay, Combination of video and written essay. Your logs will need to be a part of the project and submitted to your teacher.

ITEMS TO INCLUDE IN YOUR PROJECT:

1. Getting Back to Health: A Recovery Workout Plan

- a. Describe your injury, it's location, and any specific movements you are no longer able to do in order to allow healing.
- b. Doctor's Recommendations
 - i. How long is the injury expected to take to heal?
 - ii. When are you expected to be able to safely begin using the area of your body impacted by injury?
 1. When can you start using the injured area to rebuild strength?
 2. When can you start using the injured area at moderate intensity?
- c. What specific exercises or activities did your doctor recommend you do to help your injury?
- d. What activities or exercises should you avoid to keep from further injuring the affected area?

2. Daily Food Log: 14 Days (Days do not need to be consecutive).

- a. Record what you eat for all meals for two weeks. If you miss days just keep going until you record 14 days. In the example, I forgot to write down Tuesday's and Friday's food, so I will just do extra days at the end until I reach 14 days total.

3. Exercise Plan: Make a Plan!

Without exercise it will be hard to stay fit and maintain your weight.

- a. Decide with your doctor, your parents, and your PE teacher what a good plan for staying fit while you are injured should be.
 - i. How many days a week?
 - ii. How many minutes per day?
 - iii. How intense should the exercise be? Low Intensity, Moderate Intensity, High Intensity, or a combination of all 3 dependent on the movement?

- iv. Exercise Routine: Considering your doctor’s recommendations and what you know about health and fitness, identify 3 activities or exercises for each Health Component of Fitness that will help you to recover from your injury or to stay healthy. Include CE, MS, ME, and F.

4. Exercise Log: Can you follow your plan?

- a. Record your daily exercise. Be sure to indicate which Health Component of Fitness it targets. There are common activities listed on the example chart. You can modify the chart to have your activities and print it out OR make a blank chart in Excel/Sheets and print it out.

5. Reflection: How is rehabilitation of your injury going?

- a. What was the most important thing you learned about healing from an injury?
- b. What was one thing you learned about your diet when logging your meals?
- c. What was the hardest part about following your exercise plan?
- d. What helped you motivate to exercise according to plan?

Example Food Log: 14 days Total for Project

	Breakfast	Snack	Lunch	Snack	Dinner	Dessert	
Day 1 Monday 10/6	2 eggs 2 pieces bacon 3 Strawberries 1 slice of toast with butter 8 oz orange juice	banana	Turkey Sandwich with Mayo, Mustard, Cheese on 2 pieces of bread 12oz Coca Cola 2 handfuls of bbq chips	2 mini snickers	3 carnitas tacos 1 scoop refried beans 1 scoop rice 1 tbsp crema 1 tbsp guacamole	None	
Day 2 Wed. 10/8	2 bowls of Special K with 2% milk ½ banana	none	Medium Size Salad with balsamic vinaigrette, tomatoes, onion, hard boiled eggs, and carrots	none	Large bowl Chicken Soup 2 Spring Rolls with Shrimp	½ dark chocolate bar	
Day 3 Thursday 10/9							
Day 4 Saturday 10/10							

Example Exercise Log: 2 weeks

Exercise Log	Record type of Activity and # of Minutes or Reps													
	M o n	T u e s	W	T h u r	F r i	S a t	S u n	M o n	T u e s	W e d	T h u r	F r i	S a t	S u n
walk to school	X	X	X	X	X			X	X	X				
bike to school											x	x		
Sports Practice: soccer	2hr		2hr		2 hr		2 hr			2hr				
Walking in Neighborhood														
Jogging in Neighborhood														
Bodyweight Exercises Push up plank Curl ups Push ups Elbow Plank 30 secs work/30 secs rest. 2 rounds.	x													
Resistance Band Exercises Bicep Curl Standing Row Deltoid Fly Lateral Raise. 3 Sets of 8-12.		x												
Dumbbell Exercises Chest Press Shoulder press Tricep Extension Bicep Curl Lateral Raise 3 Sets of 8-12.				x			x			x				
Swimming				x			1 hr			x				
Run the mile			8:49											8:34
12 minute run					x									