LONG-TERM INJURY PROJECT

When a student sustains a long-term injury in class (2 weeks or more) they are required to complete this injury project. All aspects of the project need to be completed to receive credit. An injured student misses a lot of running, fitness, and unit activities that account for a large portion of their overall grade, therefore, there has to be a reasonable way to make up those points. This assignment will earn back all credit lost during the period of injury.

IF THIS INJURY PROJECT IS NOT TURNED IN, YOU WILL NOT RECEIVE PASSING CREDIT FOR ANY ACTIVITIES COMPLETED DURING YOUR MISSED TIME.

**DUE DATE:** You have one week after your return date to turn in this assignment.

**NOTE:** I don’t have a specific length for any of the projects. Use your creativity and best judgment to include all the following topics below. I am concerned only with quality and creativity, not quantity.

OJECT REQUIREMENTS:

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- Must be in a presentation type folder (clear plastic front)

- Title page with your name, date, and period

- All written aspects must be typed, 12 font, Times New Roman and normal margins

- Include AT LEAST one diagram/visual

- Copy of your doctor’s note & physical therapist’s note (if applicable)

- Bibliography including all of your sources

**TOPICS THAT MUST BE INCLUDED IN YOUR PROJECT:**

**A.** Overview:

* Name of injury, where it is located on your body, symptoms, etc.
* Include what part of your body is affected by the injury. (Tendon, ligament, muscle or bone related)…Could be something else **(This is a good area to use a visual!)**

**B.** Specifics:

* Describe specifically how your injury occurred and where you were at when it occurred.
* Is this the first time you have had an injury like this or is it a chronic injury you have been dealing with for a while?
* How did you feel when the injury occurred initially? (hear a pop or crack, burning sensation, numbness, lightheaded, etc)
* Are you still in pain? How do you feel now?

**C.** Recovery and Rehabilitation Process:

* Describe how long this injury will keep you from regular physical activity.
* What can happen if you come back from your injury before you are supposed to?
* What you are still capable of doing to remain active or physically fit. BE SPECIFIC.
* What are the challenges this injury has presented to you in your day to day life? Could be physical, mental, or emotional.

**D.** RICE Principal:

* Describe the RICE principle (research it if you don’t already know it)
* Did you follow this principle when your injury occurred? If not, what did you do to help heal your injury?

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**ECT REQUIREMENTS:**