

Sports Medicine 15: Preventing Muscle Injuries By Stretching

Outcome:

Explain the importance of preventative actions such as stretching in sports by

- Identifying major muscle groups
- Demonstrating a proper stretch for specific muscle groups

Overarching Question:

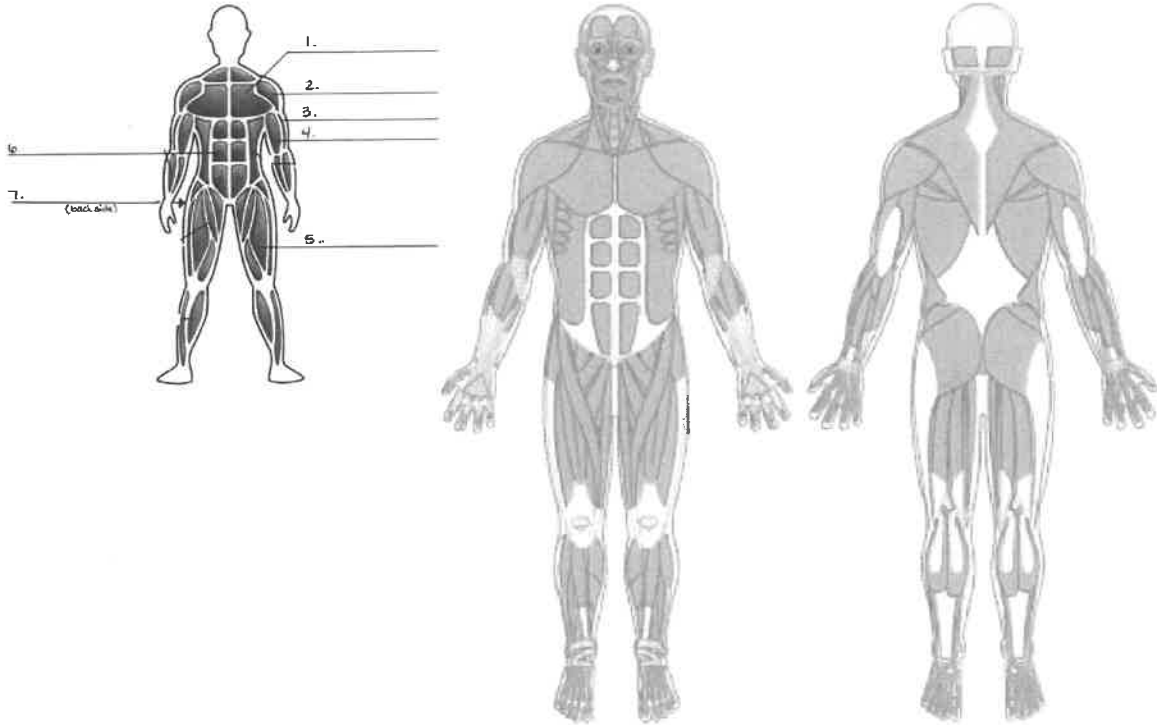
Which stretches are most effective at protecting your muscles when you participate in your favorite sport?

1. Identify your **sport** of interest: _____

2. Name and describe **one specific skill** that athletes in this sport must perform:

3. What are some common soft tissue **injuries** associated with this skill?
(use your prior knowledge or a Google search to help you answer this question)

4. Where in the body - what **muscle/group** - is primarily involved to perform the specific skill in question 2?



5. How do you stretch this muscle group?

Each class, reflect on your responses so you can revise and expand them as you learn more about muscles and stretching!



Our class has been tasked with creating a series of YouTube videos to help athletes prevent common injuries by stretching to gain flexibility before they participate in their sport.



VIDEO REQUIREMENTS

With a partner, film a **1 minute** instructional video that includes the following information:

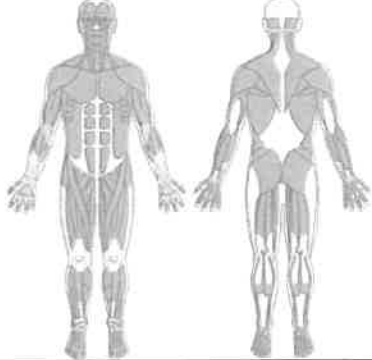
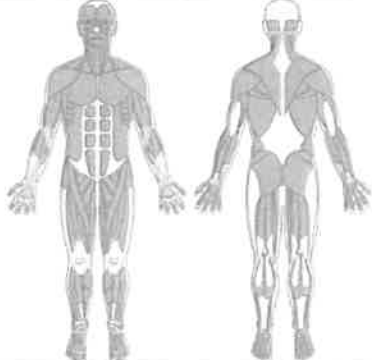
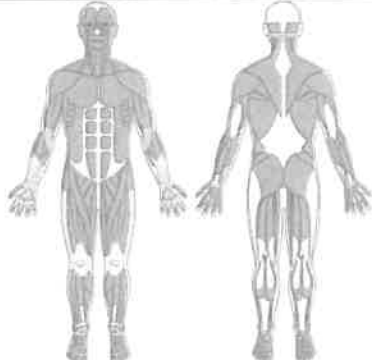
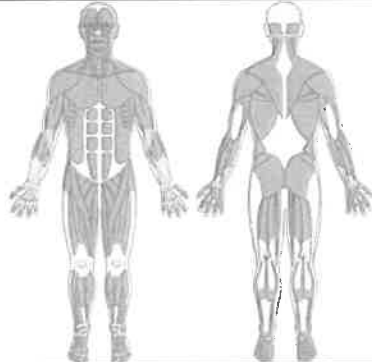
1. Visually identifies the **sport and skill** you are targeting
2. Statement of the **common injury** you are trying to prevent by stretching
3. Verbally and visually identifies the **specific muscle group** involved in that skill
4. Provide the location of the muscle group in the human body, including **origin and insertion**
5. Demonstrate the **stretch** for the targeted muscle so the viewer could reproduce it correctly
6. Use proper sports med terminology throughout

What is the criteria for a good instructional video?

STEPS TO COMPLETE YOUR PROJECT

1. **Storyboard** your video by describing the images you will see and the words you will hear. Create your storyboard on the handout provided.
2. Gather any **supplies/props** you will need.
3. **Film** your video on your cell phone.
4. **Submit** your video:

VIDEO VIEWING NOTES

Sport and Skill	Muscle Group (name and location)	How to Stretch
		
		
		
		

Sport and Skill	Muscle Group (name and location)	How to Stretch
	