

# 1b H&H: Disease & Prevention

## Lesson Plan

| <u>Minutes</u> | <u>Activity</u>  |
|----------------|--|
|                | <b>Reminders</b> display the reminders slide.  |
| 15             | <b>Break</b>   |
| 5              | <b>Attendance</b>  |
| 20             | <b>Kinesiology-</b> Deltoid. Glenohumeral joint recap.   |
| 50             | <b>Lecture</b> <ul style="list-style-type: none"><li>• Scope of practice</li><li>• Client variables</li></ul>  |
| 20             | <b>Break</b>   |
| 50             | <b>Lecture</b> <ul style="list-style-type: none"><li>• Accommodations</li><li>• Mitigate risks</li></ul>   |
| 15             | <b>Break</b>   |
| 25             | <b>Syllabus and assignment review</b> <ul style="list-style-type: none"><li>• 3a SHB RQ, 4a auto, 5b kines, 7a RQ</li><li>• Syllabus/class discussion/check-in</li></ul> |
| 10             | Class bonding activity/flex time   |

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200m **Total Class Time plus 10 minutes flex time**

### Class Schedule – Student Preparation

- Packet H: 43-54.

### Suggestions

- Ask MTIs for ideas of bonding exercises
- Use any left over time to answer any course questions, get to know the students, explore the campus, etc

### Thoughts, Advice, or Warnings

- Use of drawing on white board to augment anatomy slides
- Frequent breaking down of words focusing on what their parts mean
- Frequent examples of ways to remember words that do not easily break down into known parts

- Periodic response moments as review by orally filling in the blanks
- Calling for students to pronounce words aloud in unison
- Use of analogies from within PPT and You Tube Video Links
- Frequent inclusion of individual students by name in analogies and games, stories, etc.