

**Academy for Careers in Sports**  
**Geraldine E. Solano**  
**Sports Medicine**

**Project Overview: A Day in the Life**

- Students are given 6 questions to answer using the Internet in regard to sports medicine (See questions.doc)
- Students then use DBQ style of incorporating the 6 questions into the structure of an essay (see student Sample.doc)
- Students then create email professional email accounts they will use to contact professionals in the sports medicine career they selected during their initial Internet research
- Students will then send a professional letter via email inviting the professional to participate in an interview (See contact letter.doc)
- Once the professional agrees by reply, the students will email a list of interview questions (see questions.doc)
- The student will then send a thank you letter (see thank you letter) which includes information on what will be done with the information provided (a brochure spotlighting the profession created in MS Publisher) and extending an invitation to the school, and a request for host of a student field trip to the professional place of business
- Students will present their projects to the class
- Each individual part of the project will be graded and the final project grade will be a compilation those individual grades.

A Day in the Life project Overview  
 Objective: Introduction to Sports medicine  
 Geraldine E, Solano: Instructor

| SECOND HALF OF OCTOBER<br>FIRST TWO WEEKS OF NOVEMBER    | <b>Instructional Objectives<br/>Students will learn about:</b>   | <b>Materials and Resources</b>  | <b>Outcomes SWBAT</b>   | <b>Standards &amp; Science Skills</b>   | <b>Experience and Activities Evidence Assessment</b>  |
|--|--|---|---|---|---|
| <b>SPORTS MEDICINE PROJECT: A DAY IN THE LIFE OF....</b> | <ul style="list-style-type: none"> <li>• DEFINE SPORTS MEDICINE</li> <li>• KNOW WHAT TYPES OF CAREERS ARE INVOLVED IN SPORTS MEDICINE</li> <li>• COMMUNICATE WITH PROFESSIONALS IN THE FIELD</li> <li>• THE CORRELATION BETWEEN SPORTS MEDICINE AND THE STUDY OF ANATOMY AND PHYSIOLOGY</li> </ul> | INTERNET / EMAIL<br>CBO CONTACTS<br>MS WORD<br>MS PUBLISHER<br>PRINTER<br>LAPTOPS | *COLLECT DATA FROM THE INTERNET THAT DEFINES SPORTS MEDICINE<br>*FIND AN EMAIL ADDRESS OF A REAL PROFESSIONAL<br>*DEVELOP A REQUEST LETTER<br>*DEVELOP AN INTERVIEW<br>*DEVELOP A THANK YOU LETTER AND INVITATION | SCIENTIFIC CONCEPTS 1, 4, 5, 7, 8, 11, 13<br>LABORATORY AND EXPERIMENTATION SKILLS 4, 5, 6, 8<br>RESEARCH SKILLS 1, 2, 3,<br>READING SKILLS 1, 2, 3, 4<br>PRESENTATION, SPEAKING, AND LISTENING SKILLS 2, 3, 4<br>STUDY SKILLS 1, 2, 3, 4 | *RESEARCH ON THE INTERNET<br>*CREATE PROFESSIONAL EMAIL ACCOUNTS<br>*COMMUNICATE WITH REAL LIFE PROFESSIONALS VIA EMAIL<br>*CONDUCT INTERVIEWS VIA EMAIL<br>*DEVELOP A NETWORK OF RESOURCES FOR THE SPORTS ACADEMY<br>*CREATE A VISUAL REPRESENTATION OF THEIR LEARNING (DIGITAL, OR HARDCOPY WITH STILL IMAGES): BROCHURES<br>*STUDENTS WILL PRESENT THEIR COMPLETED PROJECTS IN CLASS |

Name\_\_\_\_\_

Block\_\_\_\_\_

Date\_\_\_\_\_

# A Day In The Life of.....

## Project Checklist

In order to receive a complete grade for this project and to pass Sports Medicine for the second marking period you must have completed the following components of the Day in the Life project. Please place a check next to each part you have completed and be prepared to show your work.

### What is Sports Medicine?

Questions

Essay

### Hotmail

Your Email Address

\_\_\_\_\_

Sports Medicine Professional's Email Address

\_\_\_\_\_

### Did you get a Response?

Yes

No

Did you use another method of contact? If so what did you do to get information?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Brochure

Modified the MS Word Template

Saved the template as "your name brochure"

Included graphics

Word Art

Essay

School mission/vision

- Your email address
- Interview Questions and or / answers

**Poster**

- Worked with your group to create a poster that describes a sports medicine profession

**Reflection**

- A reflective essay that talks about the project and what you learned by doing it
- Cover Page, Word art, Graphics

# The Academy for Careers in Sports

701 St Ann's High School Bronx NY 10455  
Located at the South Bronx High School Campus

November 2, 2006

Dear Sir or Madam:

My name is \_\_\_\_\_. I am a tenth grade student at the Academy for Careers in Sports, and I am writing to you to let you know how excited I am to be learning about sports medicine. Our science class is involved in an inquiry based project called "A Day in the Life of " where students must research information about a career in sports medicine on the Internet, find and contact a professional, and conduct a brief interview via email. I would like to know if you would be willing to participate in our project by allowing me to email you a few questions about what an average day in your professional life is like. I know that you are busy, and any time that you can spend communicating with me would be greatly appreciated. Please respond to this email if you are interested in helping me with this project.

Thanking you for your time in advance,

[Click [here](#) and type your name]

# The Academy for Careers in Sports

701 St Ann's High School Bronx NY 10455  
Located at the South Bronx High School Campus  
718-9936353 ext 246

Date

Dear Sir or Madam:

Thank you for responding to my email and agreeing to help me with my project.

Please answer the following questions.

How did you enter this career/position?

What do you do in a typical day?

What are the emerging jobs in this career field?

How would you recommend someone "get their foot in the door"?

What educational background is required?

What kind of experience would help in this field/profession?

What combination of skills and abilities would be valuable in this career?

What are the employee benefits?

What is a typical starting salary?

What types of technologies are integrated into this career?

What recommendations would you have for an entry-level person considering this career?

What kind of work schedule does this career require?

What rewards do you get from your career?

What style of supervision is used in your job?

What effect does this career have on your lifestyle? Family life?

What professional organizations are active and responsive in this career?

Who else would you recommend I contact for more information about this career?

Again, thank you so much for your time.

[Click [here](#) and type your name]

# **The Academy for Careers in Sports**

701 St Ann's High School Bronx NY 10455  
Located at the South Bronx High School Campus  
718-993-5363 ext 246

Date

Dear \_\_\_\_\_

I would like to take this moment to thank you for so graciously answering my interview questions, and for contributing to my educational process. Your input has made this a memorable experience for me. The information you provided will be used to profile A Day in the Life of (add the profession here) through the development of a brochure that will be published in our classroom, and school. I would really like to highlight you specifically in the brochure with your permission. Please advise if you agree to be mentioned in our publication. We are also planning to have professionals visit our school or host a field trip for our students. Please let me know if you have any ideas in regard to this ventures.

Thank you again for your time, and I look forward to hearing from you soon.

Your name (typed)

Name \_\_\_\_\_ Block \_\_\_\_\_ Date \_\_\_\_\_ ACS Science Ms. Solano

What is Sports Medicine?  
A Day in the Life Project

| <b>K</b>  | <b>W</b>   | <b>H</b>   | <b>L</b>  |
|---|--|--|---|
| <p>What did you know about sports medicine before you started researching it?</p> | <p>What question did you have or what is it that you wanted to know about sports medicine?</p> | <p>How did you go about researching sports medicine?</p> | <p>After completing the steps of the project what NEW information did you learn about the sports medicine? What does the information you learned have to do with science?</p> |

## Back Panel Heading

This is a good place to briefly, but effectively, summarize the products or services that you offer. Sales copy is typically not included here.

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisis enim ad minim veniam, quis nostrud exerci tution ullamcorper suscipit lobortis.



Caption describing picture or graphic.



A Day in the Life of  
A Physical Therapist

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
Email: xyz@microsoft.com

# A Day in the Life of A Physical Therapist

Product/  
Service  
Information

Your business tag line  
here.

Tel: 555 555 5555

# What is Sports Medicine?

Sports medicine is areas of specialization such as clinical medicine, orthopedic, physical therapy, athletic training and more. There are many different types of medicine sports. Sports medicine is necessary in every sport in America it is necessary for both mentally and physically.

The types of careers in sports medicine are team physician, biomechanics, physical therapist, sports dietitian, or sports psychologist. To be involved in these careers you need certification to study a particular field and you need a license.

In order for you to become a physical therapist you need a master's degree a doctorate in physical therapy. It will take 2-5 years to complete a degree in physical therapy. A physical therapist helps patients who have physical injuries and disabilities. A physical therapist helps its patients to improve his physical performance on the field and helps a person walk again after a head injury.

## Secondary Heading

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## Secondary Heading

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A Day in the Life of  
A Physical Therapist

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
Email: xyz@microsoft.com

# A Day In The Life of.....

## Project Grade Sheet

25 Points for each part =100 possible total points

Name \_\_\_\_\_ Block \_\_\_\_\_  
 Second Marking Period 11/26/03

| <b>PART</b>   | <b>POINTS</b>   |
|---|-----------------|
| <b>I. What is Sports Medicine?</b><br><input type="checkbox"/> Internet Questions Research completed<br><input type="checkbox"/> Sports Medicine Essay done   | <hr/> <b>25</b> |
| <b>II. Hotmail</b><br><input type="checkbox"/> Created an Email Account at Hotmail  | <hr/> <b>25</b> |
| <b>III. Networking with Professionals</b><br><input type="checkbox"/> Sent out the contact Letter   | <hr/> <b>25</b> |
| <b>IV. Brochure</b><br><input type="checkbox"/> Modified the MS Word Template and Saved the template as "your name brochure"<br><input type="checkbox"/> Included graphics and Word Art<br><input type="checkbox"/> Copy Pasted Sports Medicine Essay<br><input type="checkbox"/> Added School mission/vision and Your email address<br><input type="checkbox"/> Copy pasted the Interview Questions and or / answers | <hr/> <b>25</b> |
| <b>Total Point Grade</b>  | <b>%</b>        |