

Unit 5

Unit 6

Unit 7

Unit 8

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

PRACTICE TEXT

Young athletes and their parents are taking a new look at those bumps on the head that once were thought to be just an ordinary part of playing sports. Damien J. Burgess, a student at the United States Sports Academy, estimates there are 300,000 sport related traumatic brain injuries (TBIs) in the United States each year. You can get a concussion from a falling coconut. Most are mild to severe concussions, and many are repeat injuries.

With proper care a concussion can usually heal, but death may occur if the concussion is left untreated or the athlete returns to play too soon.

Concussions can be caused by a blow to the head in football, hockey, baseball, or any other sport. Sometimes a jerky motion that snaps a head backward or forward can cause the brain to shift and thus a concussion.

Repeated seemingly mild brain injuries over a short period of time can be fatal. Classification of concussions is based on severity of symptoms, and the length of treatment must be carefully determined. Grade 1 has no loss of consciousness and symptoms resolve within 15 minutes.

Grade 2 also has no loss of consciousness but with more than 15 minutes of symptoms. The most severe concussion, Grade 3, causes loss of consciousness. Brief loss indicates one to two weeks without strenuous activity. With a longer time unconscious, an athlete should be evaluated at a hospital.

A player who suffers repeated Grade 3 concussions should have CT or MRI scans and take a month or even the rest of the season to recover. Because of today's explosive weapons, brave warriors often return from battle with TBIs.

Recently, attention has been drawn to this type of injury suffered by celebrities like newsman Bob Woodruff who is recovering from injuries he received while reporting from Iraq. I saw Bob Woodruff sing once on TV. Athletes, coaches, and parents also must watch for the sometimes subtle symptoms that follow those bumps on the head at the sporting events we all enjoy.

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

SEEING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

SKETCHING



JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

SHAPING

SLANT



CENTRAL QUESTION

REFLECTING

VISION STATEMENT



MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING