

# CTE Summer Transition Lesson Planning Template

## Lesson Topic/Focus: Therapeutic Modalities Writing Assignment

### Lesson Objectives and Outcomes:

- The students will learn about several types of therapeutic modalities via hands on experience.
- The students will learn how to construct a paragraph using the Schaffer writing model.

### Lesson Summary:

*Brief overview of the lesson. (Not more than one paragraph.)*

The students will be put through a rotation of therapeutic modalities where they will be given the opportunity to experience the different types of treatment for 5-7 minutes. As they go through their rotation, they will be instructed to take notes, using the Schaffer writing shaping sheet, about their experience with each modality. After going through the rotation, the students will construct a paragraph or three of their experience using the their template.

### Step by Step Procedure:

1. The students will be handed the Schaffer Writing shaping sheet and will be instructed on how to use it. (Each modality will be assigned as a Concrete Detail and their different experiences with each modality will be assigned as a Commentary Material)
2. The students will be given a Modalities handout that will explain the lab and will follow along as they are instructed by the teacher how to proceed.
3. The students will be given their rotation.
4. The teacher will set up each student on their given modality, the rotation will start and continue for 5-7 minutes, until the teacher tells them to switch. The process then repeats.
5. During each modality, the students will be using the shaping sheet to jot down their experiences felt.
6. After the rotation, the students will construct a paragraph, or multiple paragraphs, using their shaping sheet, about their experience with modalities.

### Vocabulary for Lesson:

*Please include the definition you want the students to know.*

Therapeutic Modality: Various methods and agents used in the treatment of muscles and joints

Cryotherapy: Treatments involving the use of cold to decrease circulation to decrease Pain, muscle spasms, inflammation, and edema.

Hydrocollator: Using moist heat to increase circulation and flexibility, as well as, to decrease pain and muscle spasms in the treated area.

Thermotherapy: Treatments involving the use of heat to increase circulation in order to improve flexibility and decrease pain and muscle spasms.  
 Vasodilation: Widening of blood vessels which causes an increase in blood flow.  
 Vasoconstriction: Constriction of blood vessels which causes a decrease in blood flow.  
 Contrast Bath: A method of stimulating blood flow through the alternating submersion of a body part in cold and then hot water.

**Prior Knowledge needed for Success with this Lesson:**

*This will be used to create the roadblock and the Academic Integration.*

The students must have

**Resources and Materials needed for Lesson:**

*This is any materials or resources that a teacher would need to do this lesson.*

*Resources can also be textbook or Internet sites to support the teacher in background knowledge or preparation.*

- Sports Medicine Essentials textbook for definitions.
- Ice bags
- Ice cups
- Ice Machine w/ Ice
- 10 Gallon Cooler
- Treatment Tables
- Hydrocollator Machine.
- Hot Whirlpool
- Cold Whirlpool
- Cryocuff Assembly
- TENS Unit
- Flex-wrap
- Schaffer Writing Shaping Sheets
- Pencils/Pens

**Connection to Career and Workplace:**

Skills	Occupations
<ul style="list-style-type: none"> <li>• The understanding of different modalities.</li> <li>• An understanding of what different modalities feel like.</li> <li>• Empathy for patients undergoing certain treatments.</li> <li>• Developing/Refining Writing Skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Therapist.</li> <li>• Occupational Therapist.</li> <li>• Athletic Trainer.</li> <li>• Any health-related occupation.</li> <li>• Any, and all, occupations where written communication is vital.</li> </ul>

**Content Integration:**

Standards	Courses
<ul style="list-style-type: none"><li>• 42.D Use Selected Therapeutic Modalities</li><li>• 42.8d Provide a report on the response to treatment.</li></ul>	Sports Medicine Applications

**Theme Connection:**

ROADBLOCK

**Materials NEEDED for Lesson:**

*This section is for the purchase, or loan, of any material you do NOT have in your possession. List the materials needed for ONE student to complete the lesson. (If it is listed differently, please be very specific – POs will be made from this list!) Please be specific if needed.*

<ul style="list-style-type: none"><li>○</li><li>○</li><li>○</li><li>○</li><li>○</li><li>○</li></ul>
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**Lesson Reflection**

*Questions and reflections that the teacher and students identify as they explore the unit/lesson.  
After delivering your unit/lesson, reflect on its success.*

- ❖ What evidence/data demonstrates that students met goals and objectives?*
- ❖ In what areas did students exceed goals and objectives?*
- ❖ What might you do differently next time?*