

Sports Medicine
Research Paper
Specific Sport-Related Injury

Due Date: 10/19/2018

What to include in your research paper:

1. Choose a sport of interest. Research the sport, identifying the **most common injury** (injuries) occurring in HS/Collegiate participation.
2. With the support of research- explain the biomechanics of the injury. **How and why is this a common injury in this sport? What do the participants do to cause this to happen?**
3. Be sure to **include diagrams of the body part (or parts) that is/are affected**. What happens anatomically as a result of this particular injury. Explain and identify the anatomy of the area of injury.
4. What is the **treatment plan** for this injury? How long does the treatment plan usually take? Are there options for treatment? What does it mean for the athlete?
5. Explain the **rehabilitation process for this injury?** What can be done to ensure the athlete comes back to full participation?
6. Optional: Is this a preventable injury? Could an athlete prevent this from happening to him/her? How?

Some things to remember:

1. You must find and use reputable resources to support your information. There are some sources to start of my website.
2. You must include information from at least **3 sources**.
3. Your paper must be in MLA format:
https://owl.purdue.edu/owl/research_and_citation/mla_style/mla_formatting_and_style_guide/mla_general_format.html

2 page minimum of writing, 12 pt font.

Include a **title page** in front and a **resource list** in the back, and 1 picture or diagram of the anatomy of the injured body part.

Questions? ASK ME!!