**Unit 6: Conditioning and Rehabilitation Programs**

Enduring Understanding

The basic principles of conditioning and overload are used by sports medicine professionals to increase performance, rehabilitate and injury and/or prevent an injury

Topic: Conditioning of the Human Body

1. Define flexibility, muscular strength, muscular endurance and muscular power; explain their role in injury prevention/rehabilitation
2. Explain the different types of stretching and their role in injury prevention/rehabilitation

Topic: Rehabilitation Programs

1. Understand various methods used for rehabilitation and the stages used when developing rehabilitation plans for specific sports related injuries
2. Research and demonstrate rehabilitation or conditioning exercises for a specific injury and explain how the exercise helps the athlete recover from the injury

**Vocabulary**

Rehabilitation

Conditioning

I.M.P.R.E.S.S.

Progressive Resistance

Specificity

Overload Principle

Isometric Training

Isotonic Training

Isokinetic Training

Muscular Strength

Muscular Endurance

Muscular Power

Muscular Flexibility

Static Stretching

Ballistic Stretching

Dynamic Stretching

Concentric

Eccentric