



SCIENCE

POST-LESSON PLAN

Performance & Recovery Science Worksheet

Name: _____

Date: _____

Class/Grade: _____

How this works

You'll act like a sports scientist on a pro football team. For each scenario, you will:

1. Spot the science concepts at work.
2. Decide what data/signals you'd pay attention to.
3. Plan science-based actions to keep the player healthy and ready.

Science concepts you can use (circle any that fit each scenario):

- Velocity (speed in a direction)
- Force (push/pull during movement)
- Workload (how much total activity)
- Recovery (how the body heals/responds)
- Performance Data (measured info like distance, stops/starts, high-speed yards)

Scenario A: Buildup to Game Speed

A wide receiver ran around 5,000 yards in last week's game. Coaches want to prepare the player safely for that workload again without overloading them during practice.

- **Concepts I see:** velocity / force / workload / recovery / performance data
- **Data or signals I'd watch for during practice to monitor workload:** (examples: total yards, high-speed yards, number of starts/stops, soreness):

- What I'd adjust this week (practice plan/recovery plan), and why:

Scenario B: Hamstring Tightness After Practice

A player reports hamstring tightness after repeated short sprints and sudden stops.

- **Concepts I see:** velocity / force / workload / recovery / performance data
- **Data or signals I'd watch for during practice to monitor the injury:**
- **What I'd adjust this week (practice plan/recovery plan), and why:**

Scenario C: Heat Wave Practice

Practice will be outdoors during a heat wave. Players will still need speed work and short scrimmages.

- **Concepts I see:** velocity / force / workload / recovery / performance data
- **Data or signals I'd watch for during practice to ensure player safety:**
- **What I'd adjust for this practice, and why:**

Final Check & Reflection

- Which science concept did you use/notice most today, and why?
- One question I'd ask the Rams' Sports Medicine & Performance team:
- One way I can use these ideas in my own life (PE, sports, activity, recovery):