

Anatomy Line - Sports

Throughout the course of a sports season it is inevitable that injuries will occur. With your child or student, read the sports page or a story about an injury report for her or his favorite team. Discuss who is injured. What does the story report about the injury? What is the injured body part? Is it a major or minor injury? In what ways does the injury impact the player's performance in the particular sport? What other parts of the athlete's body may be impacted by this injury – in other words, what other parts of the anatomy does this injury attach to?

Using your Meta-threads Anatomy shirt, discuss how the player's injury relates to the Anatomy shirt. If it is a baseball pitcher who has injured his shoulder, discuss if or how the shoulder is connected to the clavicle (or whatever Meta-thread Anatomy shirt you are wearing). This will allow your child or student to expand on her knowledge of the anatomical parts that are related. And by wearing the Meta-threads Anatomy shirt, your child will be reminded of this lesson and the shirt will prompt memories and possibly even discussions that will reinforce the learning value of this activity.

If you want to take this lesson to the next level, consider posing such questions as: What do doctors suggest for rehabilitating this part of the athlete's injured body? What exercises or activities may help prevent similar injuries in the future?

Questions such as the ones for this activity allow your child or student to learn about anatomy in a way that is directly related to a sport or pastime that they already enjoy. This activity allows your child or student to become even more of an expert about an element of her or his favorite sport in ways that will give them more street credibility among their peers. All the while, they are learning about anatomy! Who knows, this exercise might spark an interest in kinesiology or orthopedics or nursing or paramedic work or physical training!