

Podcast Episode Fact Sheet

Podcast Series	MedRaider A podcast series on health topics by and for college students
Episode Title	Sports Injuries
Personnel	Laura Gottschalk, Kyle Miller and Nicole Taft Dr. Kelly Bennett English 4365 Texas Tech University, Dr. Amy Koerber
Recorded	April 11, 2007, TTU English Department, Multi-Literacy Lab)
Episode Description	This episode helps students avoid exercise induced injuries and gives a few tips to staying active.
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> 1. Avoid reoccurring ankles sprains. 2. Decipher the myths from the facts about exercising. 3. Find motivation to stay active and exercise
Content Outline	<ul style="list-style-type: none"> -Intro -Physician Interview -Myth/Fact Section -Exercise Tips -Conclusion
References	http://www.infoplease.com/ipa/A0872851.html http://tms.ecol.net/Fitness/fitmyths.htm http://www.americanheart.org/presenter.jhtml?identifier=801 http://exercise.about.com/library/bltoptentips.htm