## Podcast Episode Fact Sheet

| Podcast Series | **MedRaider**  
A podcast series on health topics by and for college students |
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<tbody>
<tr>
<td>Episode Title</td>
<td>Sports Injuries</td>
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| Personnel | Laura Gottschalk, Kyle Miller and Nicole Taft  
Dr. Kelly Bennett  
Dr. Amy Koerber  
English 4365 Texas Tech University, TTU English Department, Multi-Literacy Lab |
| 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 | The listener should be able to:  
1. Avoid reoccurring ankles sprains.  
2. Decipher the myths from the facts about exercising.  
3. Find motivation to stay active and exercise |
| Content Outline | - Intro  
- Physician Interview  
- Myth/Fact Section  
- Exercise Tips  
- Conclusion |
| References | [http://www.infoplease.com/ipa/A0872851.html](http://www.infoplease.com/ipa/A0872851.html)  
[http://tms.ecol.net/Fitness/fitmyths.htm](http://tms.ecol.net/Fitness/fitmyths.htm)  
[http://exercise.about.com/library/bltoptentips.htm](http://exercise.about.com/library/bltoptentips.htm) |