**ACL Tear Lab: Lesson Plan**

**Resources**  
Required resources for students:

* Muscle Premium app from Visible Body
* ACL Tear Lab Worksheet

Additional resources for students and teachers:

* This activity focuses on the knee joint and associated injury of the anterior cruciate ligament (ACL). It assumes students have a basic understanding of ligaments and their function. These articles can serve as an introduction to the knee and ACL injury:

<https://www.visiblebody.com/blog/a-tale-of-kittens-and-ballers-the-anatomy-and-pathology-of-acl-tears>

<https://www.visiblebody.com/blog/learn-muscle-anatomy-knee-joint-group>

<https://www.visiblebody.com/blog/common-ligament-injuries-and-disorders>

<https://www.visiblebody.com/blog/learn-muscle-anatomy-common-sports-injuries-101>

**Objectives**  
At the end of this activity, students will be able to explain an ACL tear and demonstrate competency in the following:

1. Identify main components of the knee joint.

2. Compare and contrast ACL sprains by grade.

3. Describe movements where the ACL plays a major role in stabilizing the knee joint.

**Introduction**  
15 minutes: Tell students you will present an overview of the knee joint and ACL injuries. Use the Tale of Kittens and Ballers blog post (noted above) on the Visible Body website to introduce the topic. After your overview presentation, tell students (on their own or in groups) to use the worksheet and the Muscle Premium app to review the knee joint and learn the names of the structures involved. They will also explore the pathology of a partially torn ACL.

**Student Activity**

45 minutes: Students complete worksheet. See answer key.

**Follow-up Activity**

60 minutes: Have the students complete a quick research project on ACL injury treatment and rehabilitation. They can present their research to the class and use the Muscle Premium app to show motions used for rehabilitation of the knee joint.