**4. Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced. (350 word max.)**

A significant part of my daily life at school is Sports Medicine. As a high school athlete, it is important for me to take this course because it focuses on treatment for injuries that commonly occur in sports. Being able to diagnose an injury and create a treatment plan for the patient gave me similar experiences regarding first responder and patient welfare that adults in the medical field often gain.

This program was first run by a certified athletic trainer who taught me for over a year, he was pressed with charges of sexual harassment and the program was left to substitutes. Substitutes obviously did not know how the program runs and how to teach students, therefore, the program was student ran for over a month. During this time it was significantly hard to learn from the class, which left many people to drop the class. Through this I persevered, and when our new teacher was hired, I took that as a chance, a chance to learn new things and be taught. That year I logged over 250 hours of practice which included using machines like Game Ready, electrotherapy and whirlpool, also advancing my skill of taping ankles, thumbs, wrists, and knees. One of the most significant moments of watching hours of practices was when a basketball player broke his nose in the midst of the game. As a first responder, I put on gloves grabbed towels, held towels onto his bloody nose, told him to tilt his head forward, and ledhim to the nearest trash can to control the bleeding.

From broken noses to sprained ankles I learned how to respond quickly and professionally when patients are hurt. The most important part of this course was the lessons that I learned and the mistakes that I made. I developed from not knowing the difference between sprains to understanding the depth of the ligaments in an ankle. I was then able to take my knowledge and mentor new Sports Medicine students.