



**Year at a Glance 2024-2025**

1st 9 Weeks

Unit Title	Unit 1 Concepts of Sports Injury Notes Test	Unit 2 Athletic Health Care Team Notes Test	Unit 3 Sports Law Notes Test	Unit 4 Sports injury Prevention Notes Test
Time	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks

<p style="text-align: center;"><b>Understandings</b></p>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● define the criteria for a sports injury</li> <li>● explain what constitutes a catastrophic sports injury</li> <li>● discuss the classifications of injury, including mild, moderate, and severe</li> <li>● classify the severity of an injury as it relates to sprains and strains using provided data</li> <li>● describe open, closed, commuted, and avulsion fractures</li> <li>● describe closed and open dislocations</li> <li>● identify the epidemiology of fractures and dislocations</li> <li>● describe the risks associated with team and individual sports;</li> <li>● identify the incidence rate of injuries identified in various sports</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● define sports medicine and explain the roles of the athletic trainer and team physician in the sports medicine team;</li> <li>● identify the first responder training required in secondary schools;</li> <li>● explain the services that should be provided to a secondary school by a team physician;</li> <li>● explain the role and the curriculum requirements to become a board-certified athletic trainer;</li> <li>● research and discuss professional medical organizations that promote the study of sports medicine.</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● define the terms tort and negligence and describe commission and omission negligence;</li> <li>● describe the criteria used to evaluate and establish proof of negligence;</li> <li>● discuss the Texas Good Samaritan law, including its legal implications for school personnel such as coaches or athletic trainers;</li> <li>● describe appropriate procedures to limit liability in the instance of a sports injury;</li> <li>● explain the Health Insurance Portability and Accountability Act (HIPPA) of 1996 and describe its application when managing a sports injury incident;</li> <li>● research and discuss local school district policy and procedures related to civil litigation; and</li> <li>● discuss the ethics of sports-injury care for athletes.</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● differentiate between intrinsic and extrinsic causative factors leading to sports injury;</li> <li>● explain the advantages of the “coordinated team approach” for pre-participation physical examination;</li> <li>● describe the components of fitness that can aid in sports injury prevention such as speed, strength, agility, and coordination;</li> <li>● analyze the relationship between volume, intensity, and frequency of training as they relate to periodization;</li> <li>● explain the range of motion (ROM) relating to joint movement;</li> <li>● explain the advantages and disadvantages of various stretching exercises;</li> <li>● discuss potential hazards and prevention strategies for athletes in high-risk sports;</li> <li>● explain the influence that dietary habits, regardless of sport, have on overall performance and recovery from injury;</li> <li>● describe the importance of monitoring extrinsic risk factors for sports injury by athletic trainers, coaches, and administrators;</li> <li>● identify the role of protective equipment in the prevention of injuries; and</li> <li>● explain the steps in fitting protective equipment for sports such as football, softball, baseball, and soccer.</li> </ul>

<b>TEKS</b>	1 ABCDE 2 ABCDEF 3 ABCDEFGH 4 ABCDEFGHIJK 5 ABCDEFGHIJ K 6 ABCD EFGHIJ 7 ABCDEFGHIJK 8 ABCD EF 9 ABCDEFGHIJKLMNPOQ 10 A BCD 11 ABCDE 12 ABCDEF 13 AB CDEF 14 ABCD 15 ABCDEFGHIJKL MNO 16 ABCDEF 17 ABCDEF 18 A BCDEFG 19 ABC 20 ABCDEFGH	1 A-E, 2 A-F, 3 A-H, 4 A-K, 5 A-K, 6 A-J, 7 A-K, 8 A-F, 9 A-Q, 10 A-D, 11 A-E, 12 A-G, 13 A-F, 14 A-D, 15 A-O, 16 A-G, 17 A-F, 18 A-G, 19 A-C, 20 A-H	1 A-E, 2 A-F, 3 A-H, 4 A-K, 5 A-K, 6 A-J, 7 A-K, 8 A-F, 9 A-Q, 10 A-D, 11 A-E, 12 A-G, 13 A-F, 14 A-D, 15 A-O, 16 A-G, 17 A-F, 18 A-G, 19 A-C, 20 A-H	1 ABCDE 2 ABCDEF 3 ABCDEFGH 4 ABCDEFGHIJK 5 ABCDEFGHIJK 6 ABCDEFGHIJ 7 ABCDEFGHIJK 8 A BCDEF 9 ABCDEFGHIJKLMNPOQ 10 ABCD 11 ABCDE



Year at a Glance 2024-2025				
2nd Nine Weeks				
<b>Unit Title</b>	<b>Unit 5</b> The psychological effects of sports injury Notes Test	<b>Unit 6</b> Nutritional considerations in sports Notes Test	<b>Unit 7</b> Emergency plan and initial injury evaluation Notes Test	<b>Unit 8</b> CPR/First Aid Cardiopulmonary resuscitation and automated external defibrillator
<b>Time</b>	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks

<b>Understandings</b>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● describe variables of personality such as openness, extraversion, agreeableness, or neuroticism;</li> <li>● discuss the relationship between an athlete's self-concept and the risk of sports injury;</li> <li>● analyze the relationship between psychosocial variables and the risk of sports injury;</li> <li>● discuss the possible relationship between competitive stress and the psychology of the adolescent athlete;</li> <li>● investigate and describe the psychological impact of a sports injury on an athlete in terms of stress;</li> <li>● discuss the forms of pathogenic eating behaviors practiced by athletes;</li> <li>● identify the sports in which eating disorders occur;</li> <li>● describe the signs or behaviors that may indicate the development of an eating disorder;</li> <li>● assess the harmful effects of pathogenic eating disorders;</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● describe the molecular structure of carbohydrates, fats, and proteins, and the importance of vitamins and minerals in the body;</li> <li>● describe the recommended levels of protein intake and problems associated with excessive consumption of dietary protein;</li> <li>● analyze the short-term effects of repeated episodes of extreme, rapid weight loss;</li> <li>● discuss the goals of any sports nutrition program, including preparing the athlete for practice and competition, encouraging the athlete to consume food and beverages during activity, and ensuring adequate recovery following activity;</li> <li>● explain the guidelines for a pre-competition diet;</li> <li>● identify the recommended percentages of protein, fat, and carbohydrates in an ideal training diet;</li> <li>● describe the effects of dietary fasting on muscle tissue;</li> <li>● discuss the relationship of nutrition to injury</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● describe the components of an effective emergency plan;</li> <li>● analyze the considerations to be addressed when coaches are charged with providing emergency care for athletic injuries;</li> <li>● describe the initial check and physical exam in the assessment of an injured athlete;</li> <li>● describe the recommended procedure for opening an airway when a neck injury is suspected;</li> <li>● identify the early symptoms of internal bleeding;</li> <li>● define shock and explain the conditions that may lead to shock;</li> <li>● identify the essential components of a physical exam (survey);</li> <li>● describe the functions of the emergency team with respect to the emergency plan, including immediate care of the athlete, emergency equipment retrieval, activation of Emergency Medical Service, and directing the Emergency Medical</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● explain the steps in performing CPR;</li> <li>● identify and explain the steps in one-rescuer CPR;</li> <li>● identify and explain the steps in two-rescuer CPR;</li> <li>● identify and explain the steps in using an AED;</li> <li>● explain the importance of early defibrillation by first responders; and</li> <li>● explain how to treat an obstruction to the airway.</li> </ul>
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	<ul style="list-style-type: none"> <li>evaluate factors such as physical appearance, sports environment, biological characteristics, and psychological characteristics related to an increase of eating disorders in athletes;</li> <li>describe how athletic trainers can share information regarding the prevention of eating disorders and discuss the treatments for pathogenic eating disorders.</li> </ul>	<ul style="list-style-type: none"> <li>recovery;</li> <li>identify the potential training benefits and side effects of creatine use; and</li> <li>investigate and explain the legal and illegal ergogenic aids used by athletes for performance gains.</li> </ul>	<p>Service to the athlete;</p> <ul style="list-style-type: none"> <li>summarize the medical training all personnel involved with organized sports programs must receive;</li> <li>analyze the issues pertaining to return-to-play decisions made by a medical professional.</li> </ul>	
<b>TEKS</b>	1 A-E, 2 A-F, 3 A-H, 4 A-K, 5 A-K, 6 A-J, 7 A-K, 8 A-F, 9 A-Q, 10 A-D, 11 A-E, 12 A-G, 13 A-F, 14 A-D, 15 A-O, 16 A-G, 17 A-F, 18 A-G, 19 A-C, 20 A-H	1 A-E, 2 A-F, 3 A-H, 4 A-K, 5 A-K, 6 A-J, 7 A-K, 8 A-F, 9 A-Q, 10 A-D, 11 A-E, 12 A-G, 13 A-F, 14 A-D, 15 A-O, 16 A-G, 17 A-F, 18 A-G, 19 A-C, 20 A-H	1 A-E, 2 A-F, 3 A-H, 4 A-K, 5 A-K, 6 A-J, 7 A-K, 8 A-F, 9 A-Q, 10 A-D, 11 A-E, 12 A-G, 13 A-F, 14 A-D, 15 A-O, 16 A-G, 17 A-F, 18 A-G, 19 A-C, 20 A-H	1 ABCDE 2 ABCDEF 3 ABCDEFGH 4 ABCDEFGHIJK 5 ABCDEFGHIJK 6 ABCDEFGHIJ 7 ABCDEFGHIJK 8 ABCDEF 9 ABCDEFGHIJKLMNO 10 ABCD 11 ABCDE 12 ABCDEFG 13 ABCDEF 14 ABCD 15 ABCDEFGHIJKLMNO 16 ABCDEFG 17 ABCDEF 18 ABCDEFG 19 ABC 20 ABCDEFGH



<b>Year at a Glance 2024-2025</b>				
<b>2nd Nine Weeks till Unit 10/ 3rd Nine Weeks begins at Unit 11</b>				
<b>Unit Title</b>	<b>Unit 9 The injury processes</b>	<b>Unit 10 Injuries to the head, neck,</b>	<b>Unit 11 Injuries to the spine</b>	<b>Unit 12</b>

	<b>Notes Test</b>	<b>and face. Notes Test</b>		<b>Injuries to the shoulder region</b>
<b>Time</b>	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks

<b>Understandings</b>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● describe the various mechanical forces that can cause injury;</li> <li>● analyze the physiological effects and the time frame of the healing process for various sports injuries;</li> <li>● evaluate how the injury process affects soft tissue and bone;</li> <li>● define pain and describe the assessment of pain and pain control;</li> <li>● identify the pharmacologic agents commonly used in the healing process;</li> <li>● differentiate between cryotherapy and thermotherapy;</li> <li>● describe the importance of the role of exercise in the healing process;</li> <li>● discuss the science and art of rehabilitation.</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● identify the anatomy of the skull, meninges, central nervous system, and face</li> <li>● discuss the effects and incidence of head injuries in sports;</li> <li>● explain the mechanisms of head injuries in sports;</li> <li>● identify the signs and symptoms of concussion (mild head injury);</li> <li>● describe the etiology, symptoms, and complications of second impact syndrome;</li> <li>● differentiate between cranial and intracranial brain injury; describe the initial treatment guidelines for a suspected head injury;</li> <li>● summarize the care of facial wounds.</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● describe and identify the anatomy of the cervical and thoracic spine;</li> <li>● identify the etiology, signs and symptoms, and first-aid care for sports injuries to the cervical and thoracic spine;</li> <li>● discuss the incidence of cervical spine injuries;</li> <li>● differentiate between the different mechanisms of cervical spine injury;</li> <li>● describe the guidelines for the initial treatment of suspected cervical and thoracic spine injuries;</li> <li>● identify and describe the anatomy of the lumbar, sacral, and coccygeal spine;</li> <li>● identify the etiology, signs and symptoms, and first-aid care for sports injuries to the</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>● identify the bones, articulations, stabilizing ligaments, and musculature of the shoulder complex;</li> <li>● summarize the specific skeletal injuries that occur to the shoulder joint;</li> <li>● describe the etiology, signs and symptoms, and first-aid care for skeletal injuries to the shoulder region;</li> <li>● identify specific soft-tissue injuries that occur to the shoulder joint;</li> <li>● describe the etiology, signs and symptoms, and first-aid care for soft-tissue</li> </ul>
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			lumbar, sacral, and coccygeal spine	injuries to the shoulder region.
TEKS	<p>1 ABCDE 2 ABCDEF 3 ABCDEFGH 4 ABCDEFGHIJK 5 ABCDEFGHIJK 6 ABCD  EFGHIJ 7 ABCDEFGHIJK 8 ABCDEF 9 ABCDEFGHIJKLMNOPQ 10 ABCD 11 ABCDE 12 ABCDEFG 13 ABCDEF 14 ABCD 15 ABCDEFGHIJKLMNO 16 ABCD EFG 17 ABCDEF 18 ABCDEFG 19 ABC 20 ABCDEFGH</p>	<p>1 ABCDE 2 ABCDEF 3 ABCDEFGH 4 ABCDEFGHIJK 5 ABCDEFGHIJK 6 ABCDEFGHIJ 7 ABCDEFGHIJK 8 ABCDEF 9 ABCDEFGHIJKLMNOPQ 10 ABCD 11 ABCDE 12 ABCDEFG 13 ABCDEF 14 ABCD 15 ABCDEFGHIJKLMNO 16 ABCDEFG 17 ABCDEF 18 ABCDEFG 19 ABC 20 ABCDEFGH</p>	<p>1 ABCDE 2 ABCDEF 3 ABCDEFGH 4 ABCDEFGHIJK 5 ABCDEFGHIJK 6 ABCDEFGHIJ 7 ABCDEFGHIJK 8 ABCDEF 9 ABCDEFGHIJKLMNOPQ 10 ABCD 11 ABCDE 12 ABCDEFG 13 ABCDEF 14 ABCD 15 ABCDEFGHIJKLMNO 16 ABCDEFG 17 ABCDEF 18 ABCDEFG 19 ABC 20 ABCDEFGH</p>	<p>1 A-E, 2 A-F, 3 A-H, 4 A-K, 5 A-K, 6 A-J, 7 A-K, 8 A-F, 9 A-Q, 10 A-D, 11 A-E, 12 A-G, 13 A-F, 14 A-D, 15 A-O, 16 A-G, 17 A-F, 18 A-G, 19 A-C, 20 A-H</p>





## Year at a Glance 2024-2025

### Nine Weeks

Unit Title	Unit 13 Injuries to the arm, wrist, and hand.	Unit 14 Injuries to the thorax and abdomen	Unit 15 Injuries to the hip and pelvis.	Unit 16 Injuries to the thigh, leg, and knee.
Time	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks
Understandings	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>• identify the bones, articulations, stabilizing ligaments, and musculature of the elbow, forearm, wrist, and hand;</li> <li>• describe the soft-tissue injuries of the upper arm and their signs and symptoms and first-aid care;</li> <li>• describe the classification of fractures to the upper arm and their signs and symptoms and first-aid care;</li> <li>• describe the etiology, signs and symptoms, and first-aid care for sprains, dislocations, and fractures of the elbow;</li> <li>• identify the causes, signs and symptoms, and first-aid care for elbow contusions,</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>• describe the anatomy of the thorax and abdomen;</li> <li>• identify sports external injuries of the thorax and abdomen and their etiology, signs and symptoms, and first-aid care;</li> <li>• identify sports internal injuries of the thorax and abdomen and their signs and symptoms and first-aid care;</li> <li>• describe the injuries and related conditions to the lungs, liver, kidneys, spleen, and bladder;</li> <li>• identify the signs and symptoms and first-aid care for injuries and related conditions to the heart, lungs, kidneys, spleen, and bladder; and</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>• describe the anatomy of the hip and pelvis;</li> <li>• identify the skeletal injuries of the pelvis and hip and their etiology, signs and symptoms, and first-aid care;</li> <li>• identify the soft tissue injuries of the pelvis and hip and the etiology, signs and symptoms, and first-aid care; and</li> <li>• discuss the elements of prevention of injuries to the hip and pelvis.</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>• describe the anatomy of the thigh, leg, and knee;</li> <li>• identify specific skeletal injuries that occur to the thigh, leg, and knee;</li> <li>• describe the etiology, signs and symptoms, and first-aid care for skeletal injuries to the thigh, leg, and knee;</li> <li>• describe the etiology, signs and symptoms, and first-aid care for soft-tissue injuries to the thigh, leg, and knee;</li> <li>• identify specific patella femoral joint injuries;</li> <li>• describe the etiology, signs and symptoms, and first-aid care for patella femoral joint injuries;</li> <li>• identify specific patella femoral conditions</li> </ul>

	<p>epicondylitis, and osteochondritis dissecans;</p> <ul style="list-style-type: none"> <li>describe the etiology, signs and symptoms, and first-aid care for fractures, nerve injuries, and tendon injuries of the wrist;</li> <li>describe the etiology, signs and symptoms, and first-aid care for fractures, sprains, and dislocations of the hand and fingers.</li> </ul>	<ul style="list-style-type: none"> <li>describe the various injuries and health conditions that cause abdominal pain.</li> </ul>		<ul style="list-style-type: none"> <li>describe the etiology, signs and symptoms, and first-aid care of patella femoral conditions;</li> <li>identify specific menisci injuries;</li> <li>describe the etiology, signs and symptoms, and first-aid care of menisci injuries;</li> <li>identify specific knee ligament injuries;</li> <li>describe the etiology, signs and symptoms, and first-aid care for knee ligament injuries;</li> <li>research the prevention of knee injuries; and</li> <li>explain the appropriate uses of knee braces.</li> <li></li> </ul>
<p><b>TEKS</b></p>	<p>1 ABCDE 2 ABCDEF 3 ABCDEFGH 4 ABCDEFGHIJK 5 ABCDEFGHIJK 6 ABCDEFGHIJK 7 ABCDEFGHIJK 8 ABCDEF 9 ABCDEFGHIJKLMNOPQ 10 ABCD 11 ABCDE 12 ABCDEFG 13 ABCDEF 14 ABCD 15 ABCDEFGHIJKLMNO 16 ABCDEFG 17 ABCDEF 18 ABCDEFG 19 ABC 20 ABCDEFGH</p>	<p>1 ABCDE 2 ABCDEF 3 ABCDEFGH 4 ABCDEFGHIJK 5 ABCDEFGHIJK 6 ABCDEFGHIJK 7 ABCDEFGHIJK 8 ABCDEF 9 ABCDEFGHIJKLMNOPQ 10 ABCD 11 ABCDE 12 ABCDEFG 13 ABCDEF 14 ABCD 15 ABCDEFGHIJKLMNO 16 ABCDEFG 17 ABCDEF 18 ABCDEFG 19 ABC 20 ABCDEFGH</p>	<p>1 ABCDE 2 ABCDEF 3 ABCDEFGH 4 ABCDEFGHIJK 5 ABCDEFGHIJK 6 ABCDEFGHIJK 7 ABCDEFGHIJK 8 ABCDEF 9 ABCDEFGHIJKLMNOPQ 10 ABCD 11 ABCDE 12 ABCDEFG 13 ABCDEF 14 ABCD 15 ABCDEFGHIJKLMNO 16 ABCDEFG 17 ABCDEF 18 ABCDEFG 19 ABC 20 ABCDEFGH</p>	<p>1 A-E, 2 A-F, 3 A-H, 4 A-K, 5 A-K, 6 A-J, 7 A-K, 8 A-F, 9 A-Q, 10 A-D, 11 A-E, 12 A-G, 13 A-F, 14 A-D, 15 A-O, 16 A-G, 17 A-F, 18 A-G, 19 A-C, 20 A-H</p>



## Year at a Glance 2024-2025

### Nine Weeks

Unit Title	Unit 17 Injuries to the lower leg, ankle, and foot.	Unit 18 Skin conditions in sports.	Unit 19 Bloodborne pathogens.	Unit 20 Thermal injuries.
Time	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks	2-2.5 Weeks

<p style="text-align: center;"><b>Understandings</b></p>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>• describe the anatomy of the lower leg, ankle, and foot;</li> <li>• identify specific skeletal injuries that occur to the lower leg, ankle, and foot;</li> <li>• describe the etiology, signs and symptoms, and first-aid care for skeletal injuries to the lower leg, ankle, and foot;</li> <li>• identify specific soft-tissue injuries that occur to the lower leg, ankle, and foot;</li> <li>• describe the etiology, signs and symptoms, and first-aid care for soft-tissue injuries to the lower leg, ankle, and foot;</li> <li>• identify specific foot injuries and their care; and</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>• describe abrasion, laceration, and puncture skin wounds and describe the guidelines for cleaning and treating these types of wounds;</li> <li>• discuss the prevention, etiology, signs and symptoms, and treatment of skin problems related to ultraviolet light;</li> <li>• explain the prevention, etiology, signs and symptoms, and treatment of fungal, bacterial, and viral skin conditions;</li> <li>• research the risk factors of skin infections in sports; and</li> <li>• describe the etiology and treatment for allergic skin reactions.</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>• identify and explain the importance of universal precautions as mandated by the Occupational Safety and Health Administration (OSHA) and how such precautions apply to athletic personnel;</li> <li>• analyze the factors in preventing the spread of bloodborne pathogens in sports-related activities.</li> </ul>	<p><b>Students will demonstrate their understanding that...</b></p> <ul style="list-style-type: none"> <li>• describe the physiology of hyperthermia;</li> <li>• identify the clinical signs of exertional heat illness;</li> <li>• describe the signs and symptoms, and management of heat cramps, heat exhaustion, and heat stroke;</li> <li>• analyze and explain the guidelines to prevent exertional heat illness;</li> <li>• identify the signs and symptoms, and management of hypothermia, frostbite, and frostnip;</li> <li>• describe the effects of cold urticaria; and</li> <li>• interpret and summarize the National Athletic Trainers' Association Position</li> </ul>
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	<ul style="list-style-type: none"> <li>summarize the steps in preventative ankle taping</li> </ul>			Statement on Exertional Heat Illnesses.
TEKS	1 ABCDE 2 ABCDEF 3 ABCDE FGH 4 ABCDEFGHIJK 5 ABC DEFGHIJK 6 ABCD EFGHIJ 7 ABCDEFGHIJK 8 A BCDEF 9 ABCDEFGHIJKLM NOPQ 10 ABCD 11 ABCDE 12 A BCDEF 13 ABCDEF 14 ABCD 15 ABCDEFGHIJKLMNO 16 A BCDEF 17 ABCDEF 18 ABCD EFG 19 ABC 20 ABCDEFGH	1 ABCDE 2 ABCDEF 3 ABCDEF GH 4 ABCDEFGHIJK 5 ABCDE FGHIJK 6 ABCD EFGHIJ 7 ABCDEFGHIJK 8 AB CDEF 9 ABCDEFGHIJKLMNO PQ 10 ABCD 11 ABCDE 12 ABCD EFG 13 ABCDEF 14 ABCD 15 AB CDEFGHIJKLMNO 16 ABCDEF G 17 ABCDEF 18 ABCDEFG 19 A BC 20 ABCDEFGH	1 ABCDE 2 ABCDEF 3 ABCDEF GH 4 ABCDEFGHIJK 5 ABCDE FGHIJK 6 ABCD EFGHIJ 7 ABCDEFGHIJK 8 AB CDEF 9 ABCDEFGHIJKLMNO PQ 10 ABCD 11 ABCDE 12 ABCD EFG 13 ABCDEF 14 ABCD 15 AB CDEFGHIJKLMNO 16 ABCDEF G 17 ABCDEF 18 ABCDEFG 19 A BC 20 ABCDEFGH	1 A-E, 2 A-F, 3 A-H, 4 A-K, 5 A-K, 6 A-J, 7 A-K, 8 A-F, 9 A-Q, 10 A-D, 11 A-E, 12 A-G, 13 A-F, 14 A-D, 15 A-O, 16 A-G, 17 A-E, 18 A-G, 19 A-C, 20 A-H

