



American Baseball Foundation Summary and Progression of STEMS Instruction

The lessons were sponsored by the University of Alabama at Birmingham (UAB) Red Mountain Writing Project and written by American Sports Medicine Institute, Dr. Jennifer Summerlin (main author), Tiona Fowler, and Dr. Tonya Perry

Lesson #	Lesson Title	Area of Instruction	Related Character Trait
1	Application of Biometrics		
2	Atmosphere & Pressure		
3	Baseball Diamond		
4	Baseball Flight		
5	Bending the Soccer Ball		
6	Forces on Ball		
7	Geometric Baserunning		
8	Goalie & Third Base		
9	Lever		
10	Newton's Third law		
11	Rotational Momentum		
12	Scientific Method		
13	Soccer Shot Area		
14	Soccer Field		
15	Soccer Shooting		
16	Strike Zone		
17	Sweet Spot		
18	Volleyball Serve		
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