Today – January 12th

All

- Quickly complete Employability Skills Reflections #15. In the optional box, *tell me how you use AI to help you learn*.
- Submit missing work with pass to my bin

Intro – Make sure score guide is at front of portfolio and place on designated *front desks*; collect your model

Reminders 'n Stuff

- Come in after school Mondays, Tuesdays and Thursdays for help! Competencies?

Today – January 12th

Introduction to Sports Medicine

- Remediations due by 11:59pm
  - BREAKDOWN! Worksheet in Canvas
  - Integumentary & Skeletal Systems Exam via email
- **Activity:** Continue Build-a-Myofibril

Advanced Sports Medicine

- The ATR looks great! Thanks!
- Work time

Wrist Comp.

- Lasya
- Nate
- Jeb
- Leanza
- Lucas
- Carter
- Dalila
- Avery
- Rania
- Deepa

Build•A•Myofibril Workshop

Procedure:

1. Choose your group (4-6 members)
2. The structures to be represented in your 3-D myofibril model, consisting of *at least* 2 sarcomeres, include:
   - Thick Filaments made up of myosin proteins (including myosin heads) & titin
   - Thin Filaments made up of F Actin (we won't include the other proteins at this time)
   - Cytoskeletal proteins:
     - Z-discs
     - M-lines

Build•A•Myofibril Workshop

Procedure:

3. Materials available include:
   - Pipe Cleaners (of varying color; **thick filaments** should be **red**, thin filaments should be green IF you use pipe cleaners for these structures)
   - Foam (in sheets)
   - Beads
   - Straws
   - Yarn
   - Construction Paper
   - Permanent Markers
   - Elmer's Glue
   - Scissors

Build•A•Myofibril Workshop

Procedure:

4. Discuss/draw a model design *prior to* construction to avoid wasting materials. It's okay to experiment with ideas!
5. You have today and tomorrow to construct your model
6. The top three models as voted by YOU will be awarded *prizes*!

Questions?