

Today – January 16th

Intro – Warm-ups out; 7th per. laptop logging on and headphones out

Advanced – Last warm-up (to review) and blank piece of notebook paper

Weekend Check-In

Reminders 'n Stuff

- Semester Leadership Projects and Competencies due Friday – NO EXCEPTIONS
- An AT has been offered the position!
- CLUB MED meets tomorrow 9am rm 1406
- Teacher Offerings tomorrow!
- Come in after school Mondays, Tuesdays and Thursdays for help! Competencies?



Today – January 16th



Wrist Comp.

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

Introduction to Sports Medicine

- **Warm-Up:** Microscopic Anatomy Review
- **Lecture:** Gross Anatomy
- If time, color muscles of the body

Advanced Sports Medicine

- Remediated labs **due Friday**
- Review Waveform warm-up
- **Lecture:** Wrap up elect., begin modalities (US will NOT be on the final, FYI)



Warm-Up (No notes, no blanks)

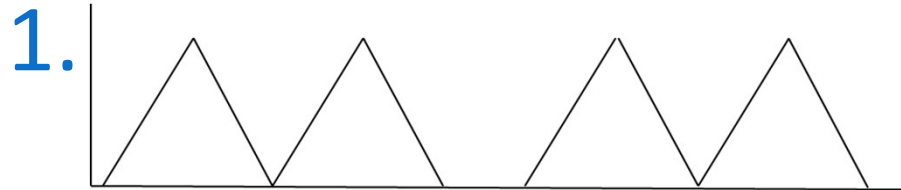
Draw and label a *sarcomere*.

Warm-Up Key

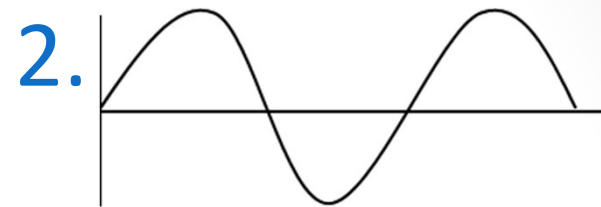
Draw and label a *sarcomere*.

(Drawn on whiteboard in class)

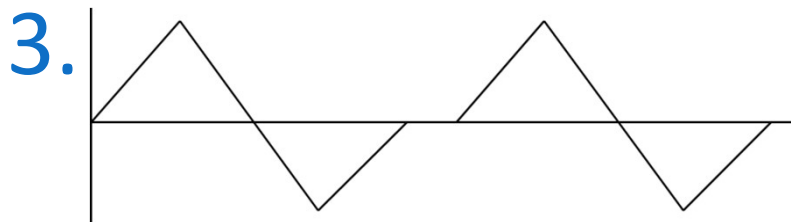
Warm-Up Key



DC, monophasic, pulsed



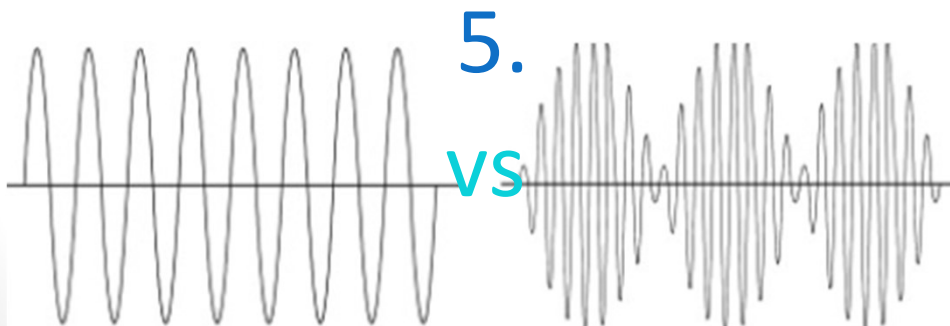
AC, biphasic, continuous, symmetrical, balanced



AC, biphasic, pulsed, symmetrical, balanced

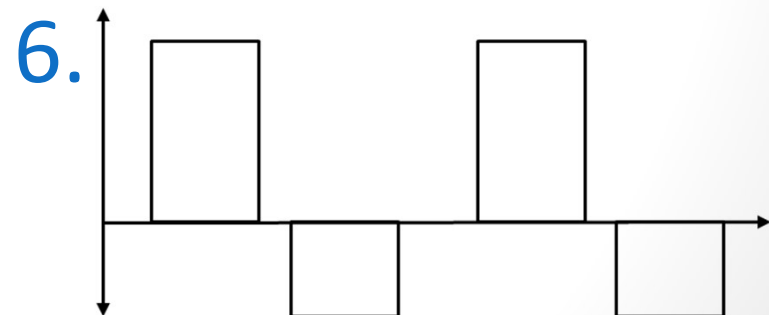


DC, monophasic, continuous



AC, biphasic, continuous, symmetrical, balanced, lower frequency

AC, biphasic, continuous, asymmetrical, unbalanced, higher frequency



AC, biphasic, pulsed, asymmetrical, unbalanced, lower frequency