

Today, October 10th



- **Intro** – Pick-up a Heartsaver Manual; notes and gloves out
- **Advanced** – Pick-up page of notes; laptop/headphones and warm-ups out
- **Reminders n' Stuff:**
 - Decades Day tomorrow!
 - I am NOT available after school today...something came up
 - CLUB MED meets 9am tomorrow



Today, October 10th

Introduction to Sports Medicine

- *Tentative* Heartsaver Exam **Monday**
- **Heartsaver First-Aid Course:**
 - Finish Medical Emergencies
 - Injury Emergencies
 - **Skills:** Controlling Bleeding and Splinting

Advanced Sports Medicine

- Fundamentals of Injury Exam confirmed for **Thursday**
- **Warm-Up:** Injury Terminology Review
- **Lecture:** Pain
- Finish and submit Chapter 10 Worksheet



Warm-Up (No notes, no blanks)

Complete the Injuries/Anatomy Review Worksheet posted on the website; skip the following (they're X-ed out on the worksheet too)...

MATCHING Fractures:

2

TRUE/FALSE:

1, 2, 4, 10

MORE MATCHING:

7, 8, 12, 14, 17, 24

Warm-Up Key

3. Cartilage is a fatty tissue. **F**

5. Ice can be used to slow the loss of blood. **T**

6. A laceration is a jagged tear in the flesh. **T**

7. A callus is the usually painless thickening in an area with high friction. **T**

8. To treat a blister, place a pad directly over the blister to decrease the pressure on it. **F**

9. A hematoma is a swollen, blood-filled area. **T**

c. 1.

b. 2.

d. 4.

f. 5.

g. 6.

e. 7.

Warm-Up Key

h. 1.

g. 2.

wh. 3.

i. 4.

l. 5.

p. 6.

b. 9.

e. 10.

c. 11.

t. 13.

d. 15.

k. 16.

z. 18.

w. 19.

aa. 20.

cc. 21.

bb. 22.

y. 23.

r. 25.

v. 26.

s. 27.

u. 28.

x. 29.