

Today, October 2nd



- Keep your cell phones! For now...
- **All** – Submit Macarena Worksheet
- **Intro** – Pick-up Motions WS; warm-ups and writing utensils out
- **Advanced** – Notes and laptop/headphones out
- **Brief Weekend Check-In**
- **Reminders n' Stuff:**
 - CLUB MED meets Weds. @9am rm 1406
 - Hand out “Things to Remember...”; place cell phones in assigned slot (in front of number)



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Introduction to Sports Medicine

- **Warm-Up:** All Unit Review
- **Review for Exam**
 - Bring updated and charged SCHOOL laptop!
 - Utilize resources on website
 - Go over Motions of the Body WS; questions?
 - Study Tips

Advanced Sports Medicine

- **Discussion:** Wrap up Chemical Mediators
- **Lecture:** Finish Acute Inflammatory Response



Warm-Up (No notes, no blanks)

1. Besides gloves, list three examples of PPE.
2. What is the purpose of an EAP?
3. What does Principle 4 of the NATA's Code of Ethics generally state?
4. Describe the anatomical position. Why is it important?
5. Name the three planes of the body and what each divides the body into.
6. Away from the mid-line = _____
7. Lying on one's stomach = _____
8. Why are distal/proximal more appropriate to use when referencing locations on the limbs than the trunk? What would be appropriate for referencing the trunk locations?

Warm-Up Key

1. Gowns, face shields, breathing barriers, goggles, etc.
2. To ID personnel roles & responsibilities, est. modes of communication, emerg. med. equip. available, maps & directions to all venues, etc.
3. The AT will not engage in behaviors which reflect poorly on the profession and/or present a conflict of interest (e.g. gambling on contests)
4. Standing upright, face forward, toes pointed forward, palms forward, legs together, arms at the side. A universal reference for all practitioners despite the positioning or disfigurement of a patient.
5. Frontal (ant. vs. post.), sagittal (L vs. R) and transverse (superior vs. inferior)
6. Away from the mid-line = Lateral
7. Lying on one's stomach = Prone
8. Distal/proximal relate to the distance of a body part relative to another from the trunk (particularly, the limb's attachment to the trunk). Superior/inferior and/or cephalic/caudal are more appropriate for the trunk.