

# Today – December 5<sup>th</sup>

**All** – Hot beverage stand open for business!  
Please make your drink before the bell rings  
or after you complete the warm-up

**Intro** – Warm-ups out

**Advanced** – Submit Chapter 15  
Worksheet; lab sheet out

## **Reminders n' Stuff:**

- CLUB MED tomorrow 9am rm 1406
- Job shadow needs? Get 'em met before break! I will not approve them during break.



# Today – December 5<sup>th</sup>

## Introduction to Sports Medicine

- Keep studyin' the Skeletal System!
- AED visits tomorrow *after* school
- **Warm-Up:** Anatomy & Injury Review
- **Lecture:** Continue Integumentary Pathologies...maybe even finish?



## Advanced Sports Medicine

- **Exam Thursday**
- **Lab:** Discovering Instant Cold Packs (**due Monday**)

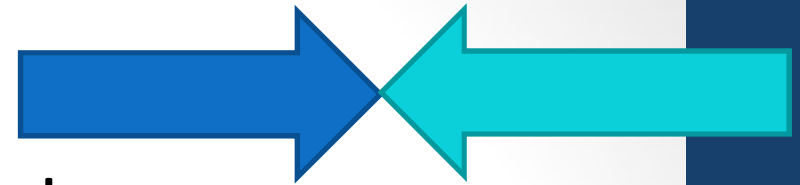
# Warm-Up (No notes, no blanks)

1. Provide a characteristic/trait for each layer of the epidermis:
  - Stratum Germinativum
  - Stratum Spinosum
  - Stratum Granulosum
  - Stratum Lucid
  - Stratum Corneum
2. What are the 3 types of exocrine glands? What does each secrete?
3. What is the purpose(s) or function(s) of hair?
4. Name and describe the two hair types.
5. Draw/describe 3 forces/actions that can injure the skin. Name a wound that could result from each force.

# Warm-Up Key

1. Characteristic/trait of each epidermal layer:
  - Stratum Germinativum – deepest layer, mitosis
  - Stratum Spinosum – spindle shaped cells, barrier
  - Stratum Granulosum – resists water movement
  - Stratum Lucid – clear, found only in thick skin, dead
  - Stratum Corneum – most super. layer, dead
2. Types of exocrine glands and secretions?  
Sudoriferous (sweat), ceruminous (earwax) and sebaceous (sebum)
3. Function(s) of hair? Detection, body warmth
4. Hair types. Terminal – coarse & pigmented;  
Vellus – fine & non-pigmented

# Warm-Up Key



## 5. Forces/actions and Wounds.

Compression – contusion, subungual hematoma

Piercing – puncture wound

Tension – laceration, incision, avulsion

Shear – abrasion, blister, laceration, avulsion

Torsion – *n/a to the skin, really.*

