

Today – February 13th

- **All** – Pick-up MT3 Employability Skills Rating Sheet; put FULL name in *upper righthand* corner and submit
- **Intro** – *New* seating chart! Pick-up a paper heart and neatly cut out
- **Advanced** – Submit Patient Charts if done; Coloring Sheets out
- **Reminders n' Stuff:**
 - NO CLUB MED tomorrow
 - Teacher Offerings tomorrow
 - Job Shadow needs?

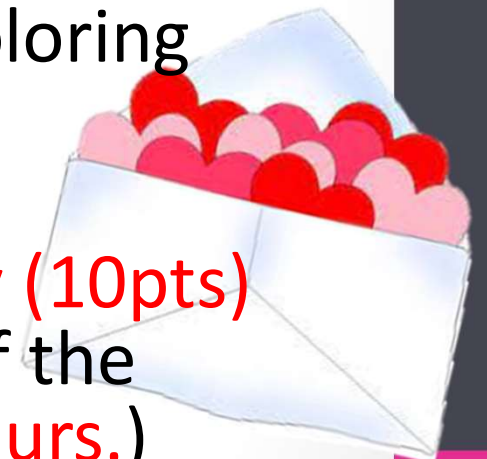
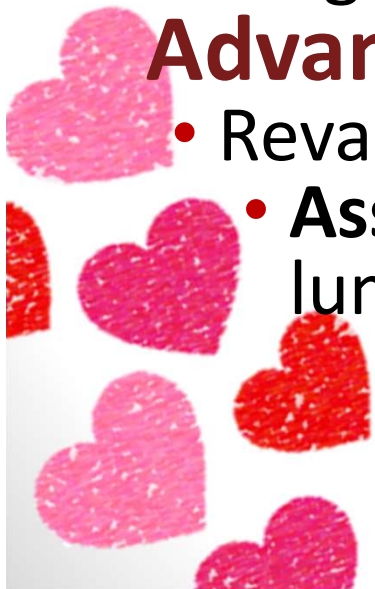
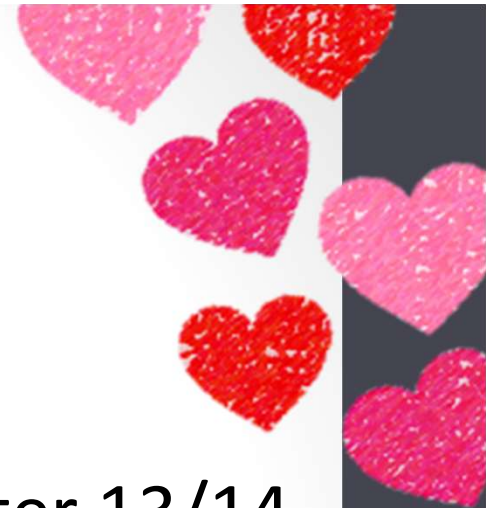
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Introduction to Sports Medicine

- **Activity:** The Heart of the Matter
- **Assignment:** Continue work on Chapter 13/14 Worksheet; submit when finished (**due at end of period**)
- **Assignment:** BIG Heart Anatomy Coloring Diagram (due date TBD)

Advanced Sports Medicine

- Revamped Patient Charts **due Friday (10pts)**
- **Assignment:** Color the muscles of the lumbo-pelvic-hip complex (**due Thurs.**)
 - Read pgs. 145-147 in textbook
 - Name and describe 10-12 exercises for improving core stability



BIG Heart Diagram Word Bank

- R Pulmonary Arteries
- Chordae Tendineae
- L Pulmonary Artery
- R Atrium
- Superior Vena Cava
- L Pulmonary Veins
- Brachiocephalic Art., L
Common Carotid Art.,
L Subclavian Artery
- Inferior Vena Cava
- Descending Aorta
- Pulmonary Valve
- L Ventricle
- Papillary Muscles
- Aorta
- Pulmonary Trunk
- L Atrium
- Bicuspid/Mitral Valve
- Aortic Valve
- Tricuspid Valve
- R Pulmonary Veins
- Interventricular
Septum
- R Ventricle

Muscles to Color

Hip

- Gluteus Maximus
- Gluteus Medius
- Gluteus Minimus
- *Psoas Major & Minor*
- *Iliacus*
- Tensor Fascia Latae
- IT Band

Ant. Thigh

- Rectus Femoris
- Vastus Lateralis
- Vastus Medialis
- Vastus Intermedius
- Sartorius

Post. Thigh

- Biceps Femoris
- Semimembranosus
- Semitendinosus

Abdomen

- Transverse Abdominis
- Rectus Abdominis
- Internal Oblique
- External Oblique
- Diaphragm

Lumbar Spine

- *Transversospinalis Group*
 - *Rotatores*
 - *Semispinalis*
 - Multifidus*
- Erector Spinae Group
- Interspinalis
- Intertransversarii
- Quadratus Lumborum
- Latissimus Dorsi
- Thoracolumbar Fascia