

Today – February 26th

- **Welcome back!**
- **Intro** – Pick-up page of notes; warm-ups out; 7th laptops/headphones out
- **Advanced** – Blank notebook paper out
- **Break Recap**
- **Reminders n' Stuff:**
 - SLC Round 2 Qualifiers will be released today!
 - CLUB MED Wednesday 9am rm 1406
 - 2nd Club Fair during Flextime Weds.
 - Job Shadow needs?

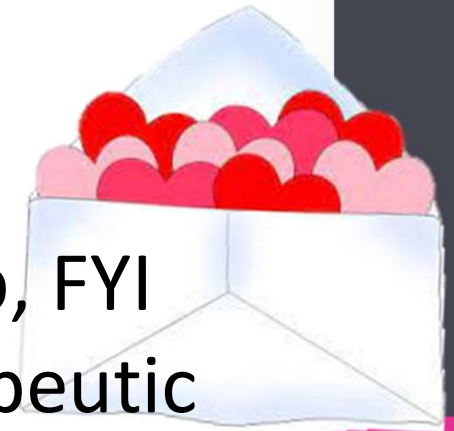
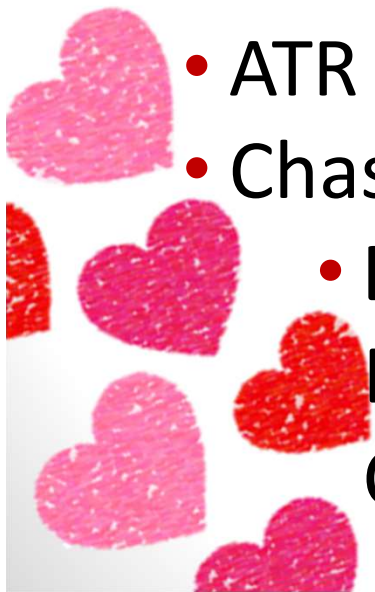
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Introduction to Sports Medicine

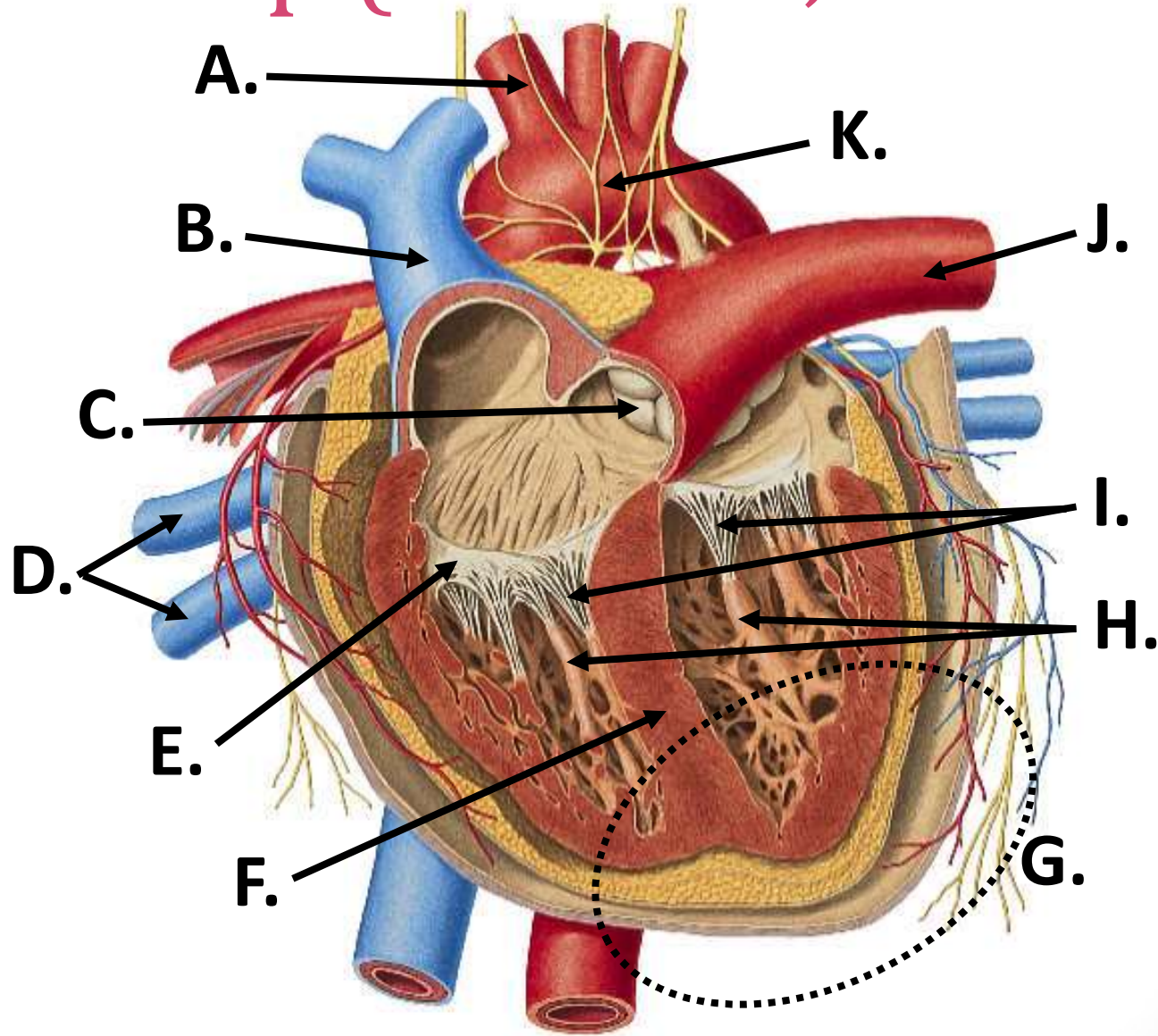
- **Warm-Up:** Anatomy Review
- **Lecture:** Circuits and the Flow of Blood
- Practice the flow of blood through the heart

Advanced Sports Medicine

- ATR Hour sign-up reset
- Chase has joined our Remind group, FYI
- **Lecture:** Introduction to Therapeutic Exercise and Rehab Goal – Enhancing Core Stabilization



Warm-Up (No notes, no blanks)



Warm-Up Key

