

Today – February 6th

- **Intro** – Pick-up Chapter 8 WS; warm-ups out; 7th per. – laptops/headphones out
- **Advanced** – Get injury research & related materials out
- **Reminders n' Stuff:**
 - SLC On-Line Testing continues!
 - CLUB MED tomorrow 9am room 1406
 - Teacher Offerings tomorrow (physiology review for Intro)
 - Job Shadow needs?

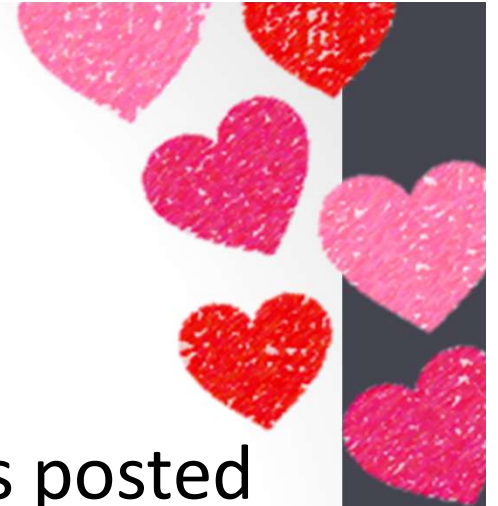
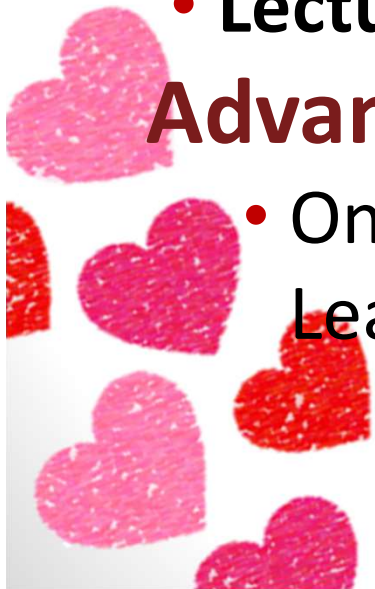
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Introduction to Sports Medicine

- Semester Leadership Project Activities posted NOW (sorry)!
- **Warm-Up:** Review
- Muscle Physiology Exam **Friday** at the earliest
- **Lecture:** Muscle Mechanics and Terminology

Advanced Sports Medicine

- One-on-One review of Semester Leadership Projects
- Continue research on assigned injury



Assigned Injuries

- **Olivia** – Avulsion Fx of Ischial Tuberosity
- **Alex** – Acute Compartment Syndrome
- **Hansika** – Carpal Tunnel Syndrome
- **Themi** – Meniscus Tear
- **Elle** – ACL Tear/Rupture
- **Kaitlyn** – SLAP Lesion
- **Ishita** – Tib/Fib Fx
- **Elshaday** – Femur Fx
- **Jade** – Achilles Tendon Rupture
- **Saadhvi** – Lis Franc Injury
- **Niharika** – UCL Tear/Rupture
- **Saanvi** – Ankle Dislocation/Fx
- **Sharon** – Unhappy Triad
- **Vrinda** – Rotator Cuff Tear

Warm-Up (No notes, no blanks)

1. _____ binds to myosin heads.
2. When a myosin head moves a thin filament along the thick filament, it is termed a “_____”.
3. Ca^{2+} binds to _____.
4. _____ binds to ligand-gated Na^+ channels.
5. An action potential opens the _____ Ca^{2+} channels on the TC/SR.
6. _____ covers active sites.
7. Without _____ ions, muscle contraction cannot take place.
8. A “_____” is formed when a myosin head binds to an active site.
9. The _____ is the synapse formed between a motor neuron and a muscle fiber.

Warm-Up Key

1. ATP binds to myosin heads.
2. When a myosin head moves a thin filament along the thick filament, it is termed a “power-stroke”.
3. Ca^{2+} binds to troponin.
4. ACh binds to ligand-gated Na^+ channels.
5. An action potential opens the voltage-regulated Ca^{2+} channels on the TC/SR.
6. Tropomyosin covers active sites.
7. Without calcium ions, muscle contraction cannot take place.
8. A “cross-bridge” is formed when a myosin head binds to an active site.
9. The neuromuscular junction is the synapse formed between a motor neuron and a muscle fiber.