

# Today – March 12<sup>th</sup>



- **Intro** – Notes out
- **Advanced** – ...
- **Reminders n' Stuff:**
  - Job Shadow needs?
  - BEHAVE FOR THE SUB!!! No bad reports please.



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## Introduction to Sports Medicine

- **Lecture:** Finish the Components of a Conditioning Program
- **Assignment:** Chapter 4 Worksheet (**due Friday**)

## Advanced Sports Medicine

- Handout Patient Files
- Vote for “Best Core Muscle Model”
- Clean up models and kits

