Today – March 19th

- **Intro** – Get out EAP Competency and Warm-Ups; 7th – Laptops/headphones too
- **Advanced** – Pick-up page of notes; get out Warm-Ups

Reminders n' Stuff:

- Teacher Offerings tomorrow
- No CLUB MED meeting tomorrow
- SLC participants, please return patches, equipment, ties, etc. ASAP
- Job Shadow needs?

Today – March 19th

Introduction to Sports Medicine

- Review how to provide venue directions on EAP Competencies
- **Warm-Up:** Personnel & Program Design
- **Lecture:** Program Considerations; begin Training the Components of Fitness

Advanced Sports Medicine

- **Warm-Up:** Review of Core Introduction
- **Lecture:** Assessing the Core
- **Competency:** Functional Movement Screening

Warm-Up (No notes, no blanks)

Intro

1. How do personal trainers differ from AT in terms of their roles?
2. What are the 4 components to a conditioning program?
3. Following a warm-up, what type of stretching should be done? Why?
4. List at least 3 responsibilities conditioning personnel share.
5. List at least 3 fitness tests and what they are meant to evaluate.

Advanced

1. Why is a stable core so important?
2. What are the 3 groups of muscles that make up the core? Name a muscle from each group.
3. What is the relationship between the core and the kinetic chain?
4. What three muscles/muscle groups must be "engaged" to maintain a stable core?
5. What is *neuromuscular efficiency*?

Warm-Up Key

Intro

1. ATs are capable of Rx rehab programs, personal trainers are not.
2. Warm-up, stretching, workout, cool-down
3. Dynamic stretching because it maintains body temp. and mimics actions of the body the athlete will be engaging in
4. Cooperate with each other, fitness testing, ensure area is safe & equipment functional…
5. Pacer-cardiorespiratory end., Arm Hang-muscle endurance, V-sit-flexibility

Advanced

1. *Multiple responses possible*
2. Lumbar Spine Muscles (Erector Spinae), Hip/Thigh Muscles (Psoas Major), Abdominal Muscles (Transverse Abdominis)
3. *Multiple responses possible*
4. Multifidus, pelvic floor, transverse abdominis
5. How effectively the musculoskeletal system communicates with the CNS.