

Today – March 21st



- **Intro** – Get Chapter 4 WS, Muscle Fatigue Lab and notes out; 7th – Laptops/headphones too
- **Advanced** – Pick-up FMS Competency
- **Reminders n' Stuff:**
 - Laptops/tablets for Employability Skills Reflection #22 tomorrow
 - SLC participants, please return patches, equipment, ties, etc. ASAP
 - Job Shadow needs?



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Introduction to Sports Medicine

- 15 minutes to work on Chapter 4 WS and/or Muscle Fatigue Lab; collected
- **Lecture:** Training the Components of Fitness—Muscular Strength, Power & Endurance

Advanced Sports Medicine

- Revisit FMS Competency
- **Lecture:** Core Assessment

