

# Today – March 22<sup>nd</sup>



- **All** – Complete Employability Skills Reflection #22
- **Intro** – Notes out; 7<sup>th</sup> – laptops/headphones too
- **Advanced** – Piece of paper out
- **Reminders n' Stuff:**
  - SLC participants, please return patches, equipment, ties, etc. ASAP
  - Job Shadow needs?



Today – March 22<sup>nd</sup>

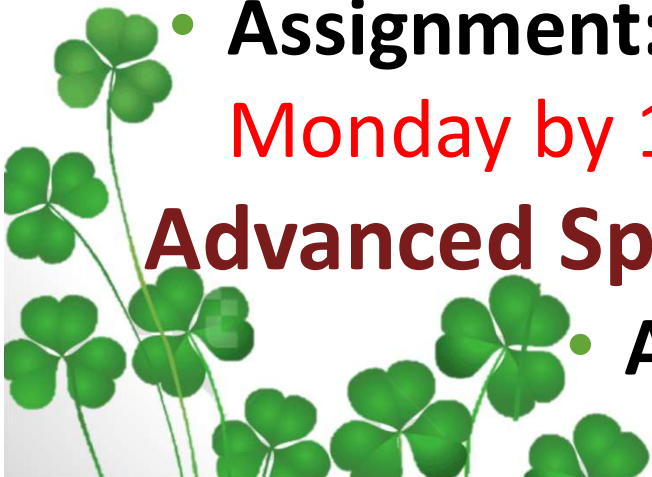


## Introduction to Sports Medicine

- Remediated Muscle Physiology Exam Responses **due by 11:59pm today!**
- **Lecture:** Training the Components of Fitness—Muscular Strength, Power & Endurance
- **Assignment:** Technique Infographic (**due Monday by 11:59pm in Canvas**)

## Advanced Sports Medicine

- **Activity:** Assessing the Core



# Training Technique Activity

Create an infographic (using Canva preferably) which includes the following information:

- Outline of the Technique:
  - Definition/Description – What is it?
  - What is it supposed to accomplish?
  - How is it done/performed?
  - Who would benefit from using it? And so on...
- Illustrate equipment (if applicable), exercise examples (at least 3), etc. associated with the technique
- Interesting “tid-bits” or facts

- As always, cite your sources/illustrations; I'd prefer you do this on a separate document/page so as not to take up space on your lovely infographic
- The **best** infographic (thorough information but not too texty, appealing to the eye in layout, nice illustrations, etc.) for each training technique *across all three periods* will be posted for student reference and will earn their creators *extra credit* towards the Fitness and Conditioning Exam!
- Class time will be given on Monday to tweak work *already done over the weekend*
- Infographics/sources should be uploaded to Canvas **Monday by 11:59pm**