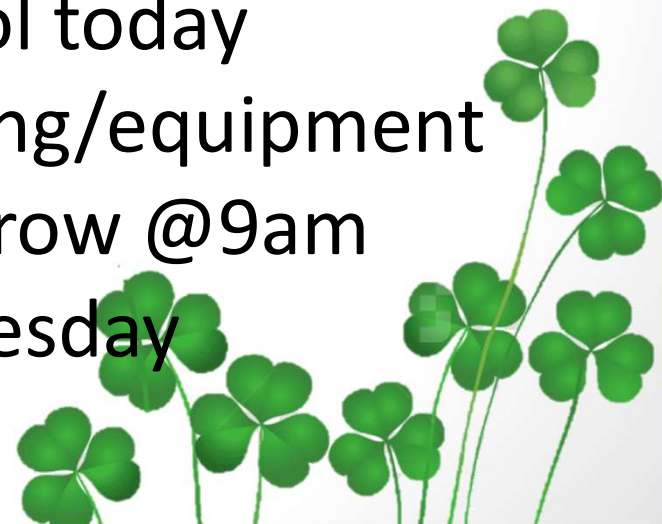


Today – March 25th



- **Intro** – Laptops out and infographics open
- **Advanced** – Notes out
- **Weekend Check-In**
- **Reminders n' Stuff:**
 - Not available after school today
 - Return CLUB MED clothing/equipment
 - CLUB MED meets tomorrow @9am
- Teacher Offerings Wednesday
- Job Shadow needs?



Today – March 25th

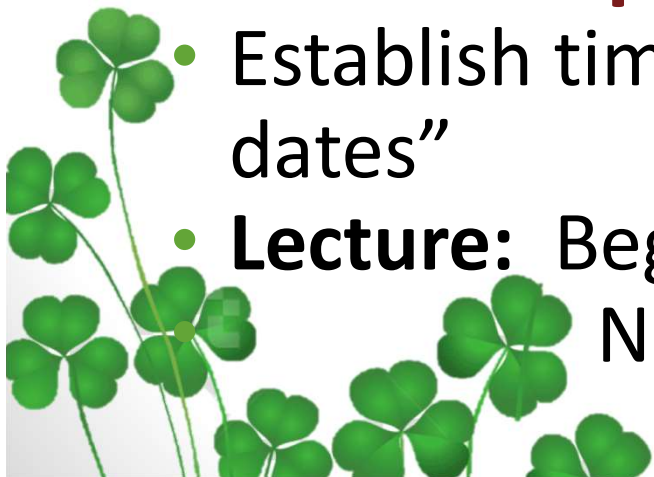


Introduction to Sports Medicine

- Work time for Technique Infographic (**due today by 11:59pm in Canvas**)
- Two Canvas assignments created, one for infographic and another for sources, if needed

Advanced Sports Medicine

- Establish timeline for rehab entry “due dates”
- **Lecture:** Begin Re-Establishing Neuromuscular Control



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**