

# Today – March 26<sup>th</sup>

- **Intro** – Warm-ups out
- **Advanced** – Warm-ups out
- **Reminders n' Stuff:**
  - Return CLUB MED clothing/equipment
  - CLUB MED meets tomorrow @9am
  - Teacher Offerings tomorrow
  - Job Shadow needs?



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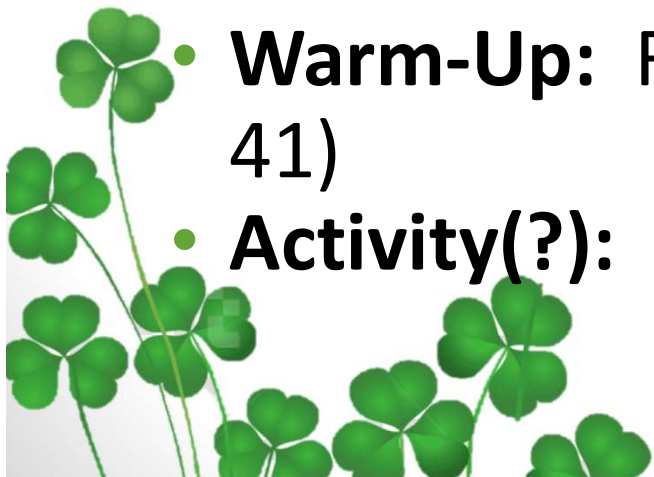


## Introduction to Sports Medicine

- **Warm-Up:** Muscular Strength, Power & Endurance Review
- **Lecture:** Guidelines for Training; begin Flexibility

## Advanced Sports Medicine

- 1<sup>st</sup> Pt Chart Entry **due Friday**
- **Warm-Up:** Fill in Note Blanks (pgs. 39-to of 41)
- **Activity(?):** Color diagrams in the order denoted on the next slide



# Coloring Diagram Order

1. Reflexes Coloring Sheet
2. Coloring Sheet on pg. 42 of notes (spinal segment anatomy)
3. Somatic Sensory Coloring Sheet (ascending tracts)
4. Coloring Diagram on pg. 41 of notes (descending tracts)

# Warm-Up (No notes, no blanks)

## Intro

- What does SAID stand for? What is the SAID Principle about?
- What does FITT stand for? What does each component of FITT entail/represent?
- Name two factors that influence the development muscle strength/power/endurance. Describe how the factors influence develop.
- How do the terms strength, power and endurance differ?
- Provide an example of an open kinetic chain exercise.

## Advanced

### Notes Pg. 39

- ID what is Fair, Good and Normal on the Straight-Leg Lowering Test diagram.
- ID characteristics of the two exercises illustrated.
- Fill in the function of the nervous systems.

### Notes Pg. 40

- Fill in the first blank only

# Warm-Up Key

## Intro

- Specific Adaptations to Imposed Demands – The body will adapt to the forces placed upon it.
- **Frequency** – # workouts per wk  
**Intensity** – High/low effort  
**Time** – Length of workout  
**Type** – Aerobic or anaerobic
- Numerous responses possible; see notes.
- **Power** is force produced in a short period of time where **endurance** is a long period of time but with significantly less force. **Strength** is the foundation and somewhat a combination of the two.
- Throwing a ball.

## Advanced

### Notes Pg. 39

- Both are dynamic; L is easier than the R; L is stable and the R is unstable
- **CNS** – Interpreting and analyzing information; brain and spinal cord  
**PNS** – Relaying information to and from the CNS; nerves  
**Somatic** – Control of muscles and glands; sense perception

### Notes Pg. 40

- Interneurons