

# Today – March 28<sup>th</sup>



- **Intro** – Notes out
- **Advanced** – Notes, coloring sheets and laptops/headphones out
- **Reminders n' Stuff:**
  - Bring laptops/tablets for Employability Skills Reflection #23
  - Return CLUB MED clothing/equipment
  - Job Shadow needs?



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## Introduction to Sports Medicine

- Reasonable to expect Fitness & Conditioning Exam to be **next Thursday**
- **Lecture:** Finish Flexibility; begin Cardiorespiratory Endurance

## Advanced Sports Medicine

- Coloring Sheets **due tomorrow** (yes, including your note pages)
- **Video:** Update on Semester Leadership Project “check-ins”
- **Video:** Corrections to Tuesday’s “warm-up”
- **Lecture:** Recap of Nervous System Anatomy; define Neuromuscular Control
- Continue coloring sheets if time remains

