

# Today – March 29<sup>th</sup>



- **All** – Complete Employability Skills Reflection #23; 7<sup>th</sup> keep laptops out
- **Intro** – Notes and perhaps a calculator (not essential) out
- **Advanced** – Submit Patient File and Coloring Sheets; warm-ups out
- **Reminders n' Stuff:**
  - Binder Check #2 **due next Friday**
  - **All missing 3<sup>rd</sup> quarter assignments due 4/15!**
  - Return CLUB MED clothing/equipment
    - Job Shadow needs?



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## Introduction to Sports Medicine

- **Lecture:** Finish Cardiorespiratory Endurance; begin Energy Systems
- **Activity:** Calculate your MHR and your aerobic & anaerobic training zones

## Advanced Sports Medicine

- **Warm-Up:** Nervous System Basics
- Coloring Sheets posted on website
- **Discussion:** Diving deeper into Neuromuscular Control



# Warm-Up (No notes, no blanks)

1. Describe/List the anatomical “pathway” of a neural signal from the point of receiving a stimulus to muscle contraction.
2. Why is it necessary to have a basic understanding of neural pathways to appreciate how neuromuscular control works?
3. List terms synonymous with or related to SENSORY and MOTOR.
4. Mechanoreceptors are a type of \_\_\_\_\_ cells; motor neurons are a type of \_\_\_\_\_ cells
5. The ganglia of \_\_\_\_\_ nerve roots are made up of the \_\_\_\_\_ of \_\_\_\_\_ neurons (or \_\_\_\_\_ neurons)

# Warm-Up Key

1. Receptor, sensory/afferent neuron, dorsal nerve root, (interneuron), ascending tract, sensory cortex, motor cortex, descending tract, motor neuron, ventral nerve root, neuromuscular junction
  2. Variable responses from students.
  3. **SENSORY:** Afferent, Ascending, Somatosensory, Receptor, Input, Dorsal Nerve Root, Sensory Cortex, Mechanoreceptors, Toward the CNS  
**MOTOR:** Efferent, Descending, Somatomotor, Effector, Output, Ventral Nerve Root, Motor Cortex, Motor Neurons, Away From the CNS
1. Mechanoreceptors are a type of receptor cell; motor neurons are a type of effector cells
  2. The ganglia of dorsal nerve roots are made up of the cell bodies of sensory neurons (afferent or unipolar neurons)