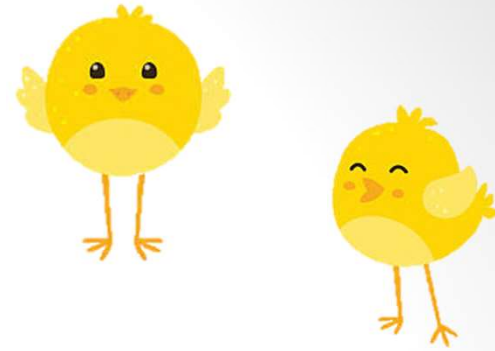
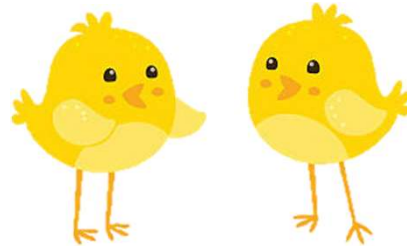


Today – April 25th



- **Intro** – Warm-ups out
- **Advanced** – *New* seating chart! Pick-up page of notes; Patient Files out to check-off Progress Note #5
- **Reminders n' Stuff:**

- Laptops/tablets tomorrow for Employability Skills Reflection #26
- Job Shadow needs?



Today – April 25th



Introduction to Sports Medicine

- **Warm-Up:** Digestive System & Basic Nutrition Review
- **Lecture:** Finish Basic Nutrition
- **Assignment:** Food Product Analysis Pre-Test

Advanced Sports Medicine

- Progress Note Entry #6 **due tomorrow**
- **Lecture:** Begin Restoring ROM & Improving Flexibility



Warm-Up (No notes, no blanks)

1. List the anatomy of the digestive tract in order from food entering the body to waste exiting.
2. How many Calories do you get per gram of CHO, fat and protein?
3. Why do we need to eat dietary protein?
4. What part of the small intestine does the digestion of fat occur?
5. What roles does the liver play in regard to digestion and nutrition?

Warm-Up Key

1. Anatomy from in to out: Mouth, Pharynx, Esophagus, Esophageal Sphincter, Stomach, Pyloric Sphincter, Sm Intestine (duodenum, jejunum, ileum), Lrg Intestine (cecum; ascending, transverse, descending, sigmoid colons), Rectum and Anus
2. CHO = 4C; Fat = 9C; Protein = 4C
3. Why eat protein? To obtain the 9 essential amino acids our body does not produce
4. What part of the small intestine does the digestion of fat occur? Duodenum
5. What roles does the liver play in regard to digestion and nutrition? Production of bile, metabolism, storage of glycogen, etc.