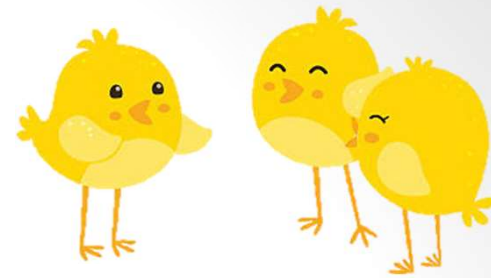


Today – April 30th



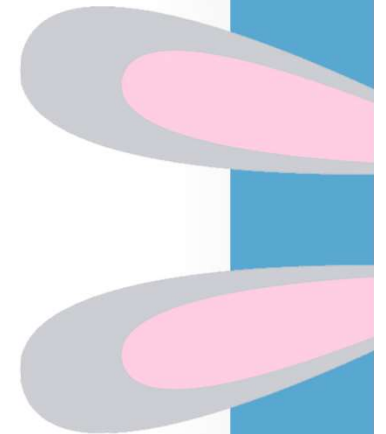
- **Intro** – Pick-up page of notes; notes and Sources of Energy in Muscle Fiber Coloring Sheet (from the Muscular System Unit) out

- **Advanced** – Notes out



- **Reminders n' Stuff:**

- Teacher Offerings tomorrow
- CLUB MED meets tomorrow 9am...*last* meeting sports medicine students can attend for hours
- Job Shadow needs?



Today – April 30th



Introduction to Sports Medicine

- **Lecture:** Energy and Metabolism

Advanced Sports Medicine

- **Lecture:** Finish Regaining Strength, Endurance & Power; begin Maintaining Cardiovascular Fitness
- Work on Quick Reference

