Today – May 2nd

- **Intro** – Pick-up page of notes; warm-ups out; 7th laptops & headphones out
- **Advanced** – Warm-ups out
- **Reminders n' Stuff:**
  - How was opening night?
  - Bring laptop/tablets for tomorrow's Employability Skills Reflection #27
  - Job Shadow needs?

Today – May 2nd

Introduction to Sports Medicine

- **Warm-Up:** Metabolic Pathway Players
- Whoops! I made an error…
- Digestive System & Nutrition Exam scheduled for Tues./Weds.
- Another correction to make on pg. 63…
- **Lecture:** Sports Nutrition

Advanced Sports Medicine

- **Warm-Up:** ROM to Cardio Review
- **Lecture:** Finish Maintaining Cardiovascular Fitness; begin Functional Progression & Testing

Warm-Up (No notes, no blanks)

Intro

Construct a *diagram* or *flow chart* reflecting the sequence of metabolic events and their products. Include the following:

- KREB Cycle
- Glucose
- NADH
- Acetyl-CoA
- ETS
- Glycolysis
- Pyruvate
- $FADH_2$
- ATP

Advanced

1. List three things the clinician should monitor the pt. for as they perform a strength training exercise.
2. Why is *circuit/interval training* considered aerobic despite its use of high intensity activity?
3. List the *progression of strength exercise types.*
4. Name the two *non-contractile tissues* discussed relating to mm mechanics.
5. If a clinician had limited access to resistance equipment, how could they make a strength exercise more challenging for the patient?

Warm-Up Key

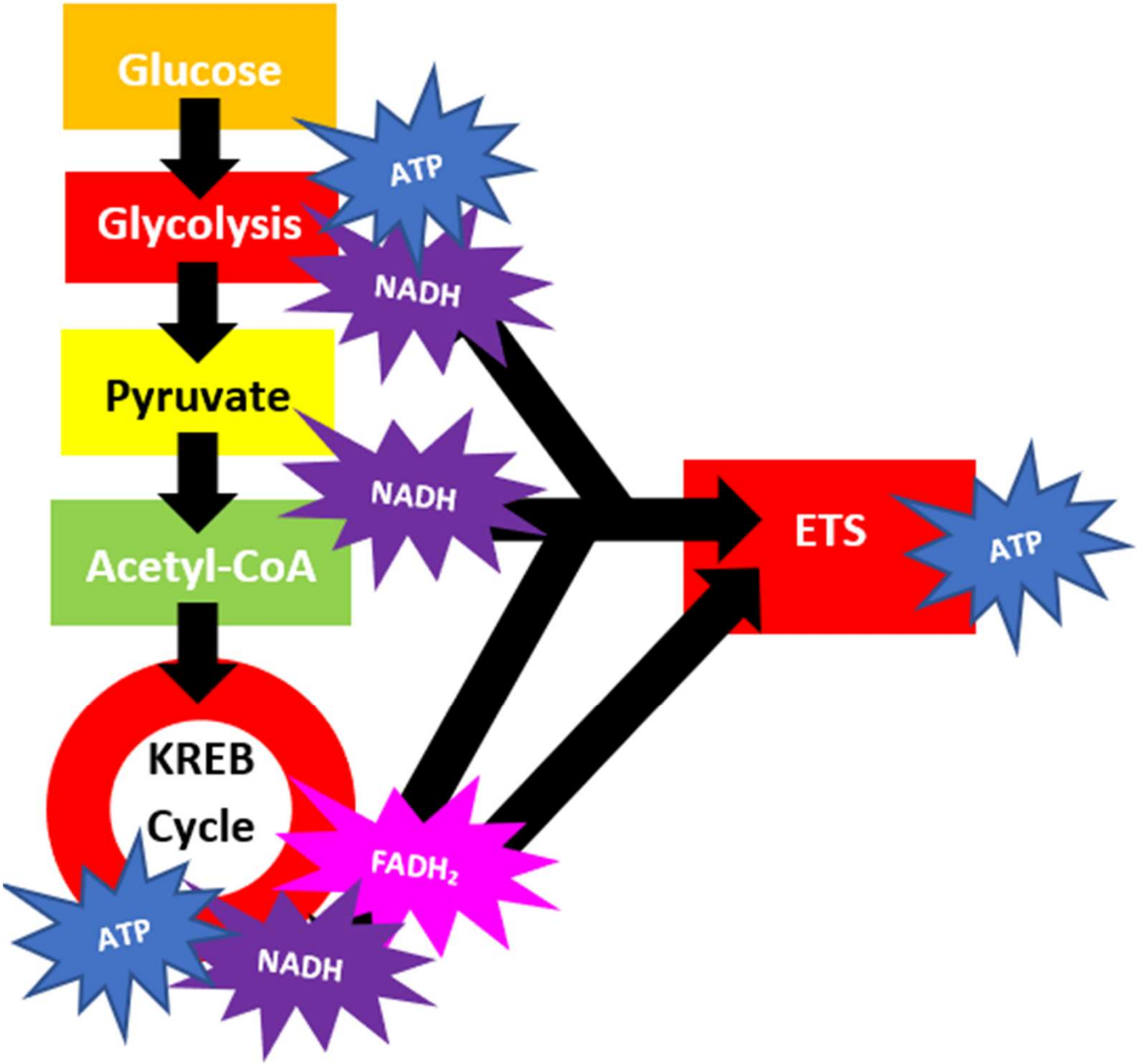
Intro

See next slide.

- KREB Cycle
- Glucose
- NADH
- Acetyl-CoA
- ETS
- Glycolysis
- Pyruvate
- $FADH_2$
- ATP

Advanced

1. Monitor: "Cheating", jt's lined up with axis of machine, reps are slow & controlled,…
2. Why considered aerobic? The net gain of repeatedly going from a high HR to a low HR stresses the heart, allowing for improved SV/CO & O_2 is able to reach the working mm.
3. Strength progress.: Isometric, closed-chain, open-chain & functional
4. Non-contractile tissues: Collagen & elastin
5. Less equip.: Increase distance of resistance from the jt, slow eccentric contractions…


Glucose
Glycolysis
Pyruvate
Acetyl-CoA
KREB
Cycle
ATP
NADH
NADH
ATP
NADH
FADH2
ETS
ATP