

# Today – May 7<sup>th</sup>



- **Intro** – Laptops out, plugged in and head to Weekly Course Calendar
- **Advanced** – Warm-ups and laptops out
- **Reminders n' Stuff:**
  - Job Shadow needs?
  - CLUB MED Elections **tomorrow at 8:30am**
  - Teacher Offerings tomorrow

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## Introduction to Sports Medicine

- **Exam:** The Digestive System & Sports Nutrition
- **Assignment:** The BIG Brain Diagram (**due Friday**)

## Advanced Sports Medicine

- US & Early Rehab Goals Exams eligible for remediation **emailed by 11:59pm Thursday**
- Final Goals of Rehab Exam **Friday**
- **Warm-Up:** Functional Progression of a Skill
- **Lecture:** Functional Testing

# Warm-Up

- Choose a sport/event found on the Weekly Course Calendar
- Review the skill analyzed and its components
- For each component come up with an exercise/activity that would mimic it
- Be ready to share your exercises