



Today, September 19th

- Stow cell phone/watch, bags up, etc.
- **All** – Warm-Ups out
- **Reminders n' Stuff:**
 - You're amazing...don't let anybody tell you otherwise or this Mama Duck will nip their tail feathers!
 - CLUB MED Meets tomorrow 9am rm 1406
 - No course fee for **Intro** this year!



Today, September 19th

Introduction to Sports Medicine

- **Warm-Up:** Sports Medicine & AT Review
- **Assignment:** Chapter 1 Worksheet (**due at end of period**)
- If finished early, **Activity:** Planes of the Body and Directions Coloring Sheet

Advanced Sports Medicine

- **Warm-Up:** Physics and Injury Review
- Wedding attire follow-up
- **Lecture:** Continue Fundamentals of Injury
- **Assignment:** Chapter 9 Worksheet (**due Thursday at beginning of class**)



Warm-Up (No notes, no blanks)

Intro

1. What is the *purpose of the NATA*?
2. What *degree* must a grad. earn to qualify to sit for the BOC exam?
3. What are the 5 *domains of practice* for AT?
4. Why are AT's so prone to experiencing *burnout*?
5. What kind of *diagnosis* can AT's make?
6. Aside from athletics, name *other job settings* for AT's.

Adv'd

1. Define *acute, overuse* and *chronic* injuries.
2. Which *lever* is the most common in the human body?
3. What does *GAS* stand for? How does it relate to the body?
4. Injury results when a tissue exceeds its _____.
5. Define a *shear force*.
6. What kind of *injuries* can a tension force cause?

Warm-Up Answer Key

Intro

1. Purpose of the NATA? Define and promote the profession of AT; governing body of AT
2. What degree? Masters
3. Domains of practice? Prevent., eval., immed. care, rehab, healthcare admin.
4. Prone to burnout? Long hrs, lots of pts, poor pay...
5. Diagnosis AT's make? Clinical
6. Other job settings. Arts, military, emerg. prepared., clinics, industry...

Adv'd

1. Define acute, overuse and chronic injuries. Sudden, over time and recurrent
2. Most common lever? Class III
3. GAS stand for? General Adaptation Syndrome Relate to the body? Tissues of the body respond to stressors w/similar sx/sy
4. Injury results when a tissue exceeds its elastic limit.
5. Shear force. Forces moving towards ea other on diff. planes
6. injuries from tension force? Sprains, strains, some wounds...