






Today, September 28<sup>th</sup>

- Stow cell phone/watch, bags up, etc.
  - **Intro** – Pick-up Chpt. 1 WS; notes out (pg. 8)
  - **Advanced** – Pick-up Chpt. 9 WS; note pgs. 7-8 out for check-off; warm-ups out
  - **Reminders n' Stuff:**
    - WSU's AT & Kinesiology Programs Info Sesh today 4-5pm via Zoom, if interested
    - Bring laptop/tablet for tomorrow's Employability Skills Reflection #3
    - Greek Out tomorrow!
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Today, September 28<sup>th</sup>

## Introduction to Sports Medicine

- BREAKDOWN! Worksheet **due tonight in Canvas!**
- Medical Terminology and More Exam **next Tuesday/Wednesday**; resources on website
  - Chapter 1 Worksheet comments; key on website
- **Lecture:** Finish Kinesiology Terminology notes
- **Activity:** Motions of the Body Worksheet

## Advanced Sports Medicine

- **Warm-Up:** Review
- **Discussion:** Review/Correct Terminology and Chemical Mediators



# Warm-Up (No notes, no blanks)

## Advanced Sports Medicine

1. What is the difference between *loose* and *dense* connective tissue proper?
2. Name the three *components* that make up connective tissue proper.
3. What role(s) does/do *fibroblasts* play?
4. Why are *mast cells* a key player in the inflammatory response?
5. What three *mechanisms* facilitate the exchange of “stuff” through capillary walls?
6. What function(s) do *endothelial cells* perform?
7. \_\_\_\_\_ constitute to majority of leukocytes; \_\_\_\_\_ come in second in number.
8. Outline the *injury response process phases*.

## Warm-Up Key

1. Loose = fewer extracellular fibers, more ground substances (e.g. adipose tissue); dense = more extracellular fibers, less ground substance (e.g. tendons and ligaments)
2. Cells, extracellular fibers and ground substance
3. Fibroblasts form large extracellular fibers and secrete a substance that is a component of ground substance (makes it viscous)
4. Release histamine, initiating inflammation
5. Diffusion, filtration and Re-absorption
6. Help in margination and paving; swell in response to chemical substances, forming gaps between each other so proteins and cells can escape cap.; clotting; etc.
7. Neutrophils; lymphocytes
8. Inflammatory Response, Proliferation and Maturation