

WEBINAR DISCUSSION GUIDE

CTS WEBINAR – May 26th, 2011

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Please use the following questions along with the archived webinar as a discussion guide for a professional development group activity or as an individual reflection tool .

- How can I help my student's link anatomical diagrams and pictures to their own bodies?
- What muscles do I find difficult to memorize and how can I help my students to memorize?
- How may I help my athletes with their daily posture?
- What are stretches/strengthening exercises that will help my athletes/students to connect with the muscles that they are learning in my lesson?