

Name: Colton Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: August 1-4, 2023
School Year: 2023		Subject: Sport Med 3. NASM Personal Training	
Monday	Notes:	Objective: Lesson Overview: NO SCHOOL	Academic Standards: s
Tuesday	Notes:	Objective: Introduce them to NASM Show them how to Navigate the website Lesson Overview: \ Syllabus Get to know you Pass out books	Academic Standards: Sports med 1.0 7.0
Wednesday	Notes:	Objective: Professional development and responsibility Lesson Overview: Section 1 the modern state of health and fitness Chapter 1 Lesson 1 Welsome to NASM Lesson 2 The Global State of Health Lab taping ankles	Academic Standards: Sports med 10.5 3.3
Thursday	Notes:	Objective: Learn about physical activity vs inactivity and how it contributes to chronic disease. Learn and use terminology relating to muscular dysfunction and how it relates to injury. Lesson Overview: Section 1 the modern state of health and fitness Chapter 1 Lesson 3 Physical Inactivity and Its Relationship to Chronic Disease Lesson 4 Evidence of Muscular Dysfunction and Increased Injury	Academic Standards: Sports med 1.2 2.2

Friday	Notes:	<p>Objective: why health care is needed, types of care provided (i.e., which professional to choose), and the intended outcomes (i.e., what the individual wants to accomplish.</p> <p>Lesson Overview: Section 1 the modern state of health and fitness Chapter 1 Lesson 5: The Healthcare Continuum</p>	<p>Academic Standards:</p> <p>Sports med 10.1 10.2 10.4 10.6</p>
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