

Name: Colton Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 3. 8/15-8/18
School Year: 2023		Subject: Sports Med 3. NASM Personal Trainer	
Monday	Notes:	NO SCHOOL	Academic Sports Med Standards:
Tuesday	Notes: 8/15	Objective: Lesson Overview: Section 1 Practice Test	Academic Sports Med Standards: 10.4 10.1 10.2
Wednesday	Notes: 8/16	Objective: Describe common reasons why people avoid regular exercise. Evaluate various social influences on exercise adherence. Recommend the best forms of support to help clients adhere to exercise. Identify the psychological benefits of regular exercise. Lesson Overview: Chapter 3 Psychology of exercise Lesson 1 Role of Psychology in Fitness and Wellness Lesson 2 Common Barriers to Exercise	Academic Sports Med Standards: 9.1 9.2 9.3
Thursday	Notes: 8/17	Objective: Describe different types of social support. Explain the role that these influences might play in terms of exercise behavior. The psychological benefits of exercise Lesson Overview: Lesson 3 Social Influences on Exercise Lesson 4 Psychological Benefits of Exercise	Academic Sports Med Standards: 9.1 9.2 9.3
Friday	Notes: 8/19	Objective: Quiz of psychology Lesson Overview: Chapter 3 QUIZ "Psychology of Exercise"	Academic Sports Med Standards: All 9.0 Standards