

Name: Colton Merrill Atc, CPT		Grading Quarter: 1	Week Beginning: Week 4 August 21-25
School Year: 2023		Subject: Sports Med 3. NASM Personal Trainer	
Monday	Notes:  21	<p>Objective: Summarize client expectations of a Certified Personal Trainer and the fitness environment. Assess a client's stage in changing unwanted behaviors. Structure initial client sessions for optimal effectiveness. Communicate effectively and build client rapport. Implement behavioral change techniques to enhance exercise adherence.</p> <p>Lesson Overview: Start Chapter 4 Behavioral Coaching LESSON 1 Introduction to Behavioral Coaching LESSON 2 The Stages of Change Model</p>	Academic Sports Med Standards: 7.2
Tuesday	Notes:  22	<p>Objective: create a safe environment where challenging and emotional issues can be discussed. Clear away distractions such as cell phones and focus on the client. Ask questions to understand the meaning of what the person is saying. Observe nonverbal cues such as body language. Provide empathy and validation</p> <p>Lesson Overview: LESSON 3 Importance of Effective Communication Skills LESSON 4 Motivational Interviewing</p>	Academic Sports Med Standards:  10.4
Wednesday	Notes:  23	<p>Objective: Discussing Health Concerns Clarifying Fitness Goals Reviewing Previous Exercise Experiences</p> <p>Lesson Overview: LESSON 5 Strategies to Enhance Exercise Adherence LESSON 6 The Initial Session</p>	Academic Sports Med Standards: 9.2
Thursday	Notes:  24	<p>Objective: Assessment over chapter 4.</p> <p>Lesson Overview:  Chapter 4 Behavioral Coaching Quiz</p>	Academic Sports Med Standards:

Friday	Notes:  25	Objective: Client Relations and Behavioral Coaching  Lesson Overview:  Review all of section 2. Prepare for section 2 test on Monday	Academic Sports Med Standards:
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