

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 6-9/5-9/8
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:	Objective: LABOR DAY Lesson Overview:	Academic Sports Med CTE Standards:
T u e s d a y	Notes:	Objective: Identify the integrated structure and function of the cardiorespiratory system. Lesson Overview: L1 The Cardiovascular system L2 The Respiratory System	Academic Sports Med CTE Standards: 2.1
W e d n e s d a y	Notes:	Objective: Categorize the basic structure and function of the endocrine system. Summarize the basic structure and function of the digestive system Lesson Overview: L3 The Endocrine System L4 The Digestive System	Academic Sports Med CTE Standards: 2.4
T h u r s d	Notes:	Objective: Describe motor behavior and how the neuromuscular system adapts to changes in the environment. Lesson Overview:	Academic Sports Med CTE Standards: 2.0

a y		<p>Quiz</p> <p>Ch7</p> <p>L1 Introduction to Human Movement</p> <p>L2 Planes of Motion</p>	
F r i d a y	Notes:	<p>Objective:</p> <p>Summarize the scientific terminology that governs exercise and movement.</p> <p>Identify key biomechanical concepts that define how the neuromuscular system functions.</p> <p>Lesson Overview:</p> <p>L3 Muscle Action</p> <p>L4 Functional Anatomy of Muscles</p>	<p>Academic Sports Med CTE Standards:</p> <p>2.2</p>