

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 8 - 9/18 - 9/22
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
M o n d a y	Notes: 18th	Objective: Understand the chemical structure of a lipid Understand how lipids are used as energy in the body Calculate how many calories each gram of fat has. Lesson Overview: LESSON 4 Lipids LESSON 5 Micronutrients and Hydration	Academic Sports Med CTE Standards: 3.2
T u e s d a y	Notes: 19th	Objective: Communicate information to clients with differing knowledge levels of nutrition. The ability to read and interpret a food label to help clients compare products and select healthier options Lesson Overview: LESSON 6 Nutrition Strategies LESSON 7 Food Labels	Academic Sports Med CTE Standards: 3.2
W e d n e s d a y	Notes: 20th	Objective: Identify strategies that empower clients to make nutritional decisions affecting body composition. Lesson Overview: LESSON 8 Goal-Based Nutrition Strategies Take Chapter 9 quiz Chapter 10 Supplementation Lesson 1 Introduction to Supplements	Academic Sports Med CTE Standards: 3.2 3.6
T h u r s d	Notes: 21st	Objective: Define supplementation and the clients' dietary need for taking supplements. Summarize supplements used for optimal health and body composition. Lesson Overview: LESSON 2 Supplementation Guidelines and Labels LESSON 3 Health Supplements	Academic Sports Med CTE Standards: 3.6

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F r i d a y	Notes: 22nd	Objective: Explain the role of supplementation within the personal training profession. Lesson Overview: LESSON 4 Ergogenic Aids Chapter 10 Quiz	Academic Sports Med CTE Standards: 3.6