

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 9 - 9/25 - 9/29
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:  25	Objective:  Take section 3 test over "Basic and Applied Sciences and Nutritional Concepts" Lesson Overview:	Academic Sports Med CTE Standards: 3.2 3.6
T u e s d a y	Notes:  26	Objective: Explain the importance of fitness assessments surrounding clients' goals and optimal health.  Lesson Overview: Section 4 Assessment LESSON 1 Introduction and Preparticipation Health Screening LESSON 2 Conducting Health and Fitness Assessment	Academic Sports Med CTE Standards:
W e d n e s d a y	Notes:  27	Objective: Collect and summarize subjective information from clients using health screening assessments. Identify the steps for conducting physiological and body composition assessments appropriate to specific client types and goals.  Lesson Overview:  LESSON 3 Fitness Assessment Protocols: Heart Rate and Blood Pressure LESSON 4 Anthropometry and Body Composition Measurements	Academic Sports Med CTE Standards:  6.1 5.1

T h u r s d a y	Notes:  28	<p>Objective: Identify the steps for conducting cardiorespiratory assessments appropriate to specific client types and goals.</p> <p>Lesson Overview: LESSON 5 Cardiorespiratory Assessments Take Chapter 11 Quiz Start Chapter 12 Posture, Movement, and Performance Assessments LESSON 1 Introduction to Posture, Movement, and Performance Assessment</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.5 3.1</p>
F r i d a y	Notes:  29	<p>Objective: Identify the steps for conducting posture, movement, and performance assessments. Interpret results from posture, movement, and performance assessments. Summarize the use of fitness assessments as a tool to build rapport and credibility with clients.</p> <p>Lesson Overview:</p> <p>LESSON 2 Static Posture Assessment LESSON 3 Observing Dynamic Posture</p>	<p>Academic Sports Med CTE Standards:</p> <p>6.8</p>