

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 12- 10/23-10/27
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:	<p>Objective: Summarize the importance of cardiorespiratory fitness training for different client types with differing health and fitness goals. Outline the general guidelines for cardiorespiratory fitness training. Explain stage training and its use to improve cardiorespiratory endurance. Identify cardiorespiratory training considerations and modifications for clients who have postural conditions.</p> <p>Lesson Overview: CHAPTER 15 Cardiorespiratory Training Concepts LESSON 1 Introduction to Cardiorespiratory Fitness Training LESSON 2 General Guidelines for Cardiorespiratory Fitness Training</p>	Academic Sports Med CTE Standards: 3.5
T u e s d a y	Notes:	<p>Objective: Outline the general guidelines for cardiorespiratory fitness training.  Explain stage training and its use to improve cardiorespiratory endurance.</p> <p>Lesson Overview: LESSON 3 Components of Cardiorespiratory Fitness Training LESSON 4 Introduction to Stage Training</p>	Academic Sports Med CTE Standards: 3.5 6.8 2.1
W e d n e s d a y	Notes:	<p>Objective: Explain stage training and its use to improve cardiorespiratory endurance. Identify cardiorespiratory training considerations and modifications for clients who have postural conditions.</p> <p>Lesson Overview: LESSON 5 Postural Considerations in Cardiorespiratory Training LESSON 6 Summary  CHAPTER 15 QUIZ</p>	Academic Sports Med CTE Standards: 3.5 6.8 2.1

T h u r s d a y	Notes:	<p>Objective:</p> <p>Identify the physical benefits of core training.</p> <p>Differentiate between the core stabilization and movement systems.</p> <p>Describe the mechanisms of the drawing-in maneuver and abdominal bracing.</p> <p>Lesson Overview:</p> <p>CHAPTER 16</p> <p>Core Training Concepts</p> <p>LESSON 1</p> <p>Introduction to Core Training</p> <p>LESSON 2</p> <p>Importance of Properly Training the Core Muscles</p>	<p>Academic Sports Med CTE Standards:</p> <p>2.1</p>
F r i d a y	Notes:	<p>Objective:</p> <p>Identify proper progressions of core training exercises.</p> <p>Employ methods to effectively execute, instruct, and cue core training exercises.</p> <p>Lesson Overview:</p> <p>LESSON 3</p> <p>Guidelines for Core Training</p> <p>LESSON 4</p> <p>Core Exercises</p>	<p>Academic Sports Med CTE Standards:</p> <p>2.1</p>