

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week Beginning: Week 3- 10/30-11/3
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:	<p>Objective: Describe the scientific rationale for balance training. Explain balance training to a fitness client. Summarize the benefits of balance training for various client types with differing health goals.</p> <p>Lesson Overview: Chapter 16 quiz CHAPTER 17 Balance Training Concepts LESSON 1 Essential Concepts of Balance</p>	Academic Sports Med CTE Standards:
T u e s d a y	Notes:	<p>Objective: Identify proper progression sequences of balance training exercises. Employ methods to effectively execute, instruct, and cue balance training exercises.</p> <p>Lesson Overview: LESSON 3 Guidelines for Balance Training LESSON 4 Balance Exercises Chapter 17 Quiz</p>	Academic Sports Med CTE Standards:
W e d n e s d a y	Notes:	<p>Objective: Explain plyometric training and its three phases to a fitness client. Summarize the benefits of plyometric training for different client types with differing health goals.</p> <p>Lesson Overview: CHAPTER 18 Plyometric (Reactive) Training Concepts LESSON 1 Principles of Plyometric Training LESSON 2 Guidelines for Plyometric Training</p>	Academic Sports Med CTE Standards:
T h u r s d a y	Notes:	<p>Objective: Identify proper progressions of plyometric training exercises. Employ methods to effectively execute, instruct, and cue plyometric training exercises.</p> <p>Lesson Overview: LESSON 3 Plyometric Exercises LESSON 4 Summary Chapter 18 quiz</p>	Academic Sports Med CTE Standards:

Friday	Notes:	<p>Objective:</p> <p>Describe speed, agility, and quickness training and its purpose.</p> <p>Discuss the importance of speed, agility, and quickness training for a variety of populations.</p> <p>Design a speed, agility, and quickness training program for clients at any level of training.</p> <p>Employ methods to effectively execute, instruct, and cue various speed, agility, and quickness training exercises.</p> <p>Lesson Overview:</p> <p>CHAPTER 19 Speed, Agility, and Quikness Training Concepts</p> <p>LESSON 1 Concepts in Speed, Agility, and Quikness Training</p> <p>LESSON 2 Guidelines for Plyometric Training</p>	<p>Academic Sports Med CTE Standards:</p>
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