Name:			Grading Quarter:	_	Week Beginning:	
Colton Ike Merrill ATC, CPT			1	<u> </u>	Week 5- 11/13-11/17	
School Year: 2023-2024			Subject: Sports Medicine and Rehabilitation 3			
			NASM Personal Trainer			
М	Notes:	Objective:			Academic	
		Learn how to instruence exercises.	uct a client on how to do	each of the total body	Sports Med CTE Standards:	
0			use chest/nushing exerc	ises and how to describe it to a	7.4	
n		client.				
d		Lesson Overview:			7.2	
а			CHAPTER 20 Resistance Training Concepts			
У			7 Total-Body Exercise Descriptions			
	Notes:		ushing Exercise Description	ons	Academic	
	notes:	Objective:	uct a client on how to do	each of the hack/nulling	Sports Med CTE	
Т		exercises.	act a cheffit off flow to do	each of the backy paining	Standards:	
u		Recognize when to	use shoulder/pulling exe	ercises and how to describe it to	7.4	
е		a client.			7.1	
S					7.2	
d		Lesson Overview:			7.3	
a		LESSON 9				
		Back/Pulling Exerci	ise Descriptions			
У		LESSON 10	·			
			Pressing Exercise Descript	tions		
W	Notes:	Objective:			Academic	
е				each of the bicep exercises. s and how to describe it to a	Sports Med CTE Standards:	
d		client.	do each theeps exercise	s and now to describe it to a	7.4	
n					7.1	
e		Lesson Overview:			7.2	
S		•	Exercise Descriptions		7.3	
d		LESSON 12 Triceps	Exercise Descriptions			
a						
У	Notes:	Objective:			Academic	
T .	Notes.	-	uct a client on how to do	each of the leg exercises.	Sports Med CTE	
h				out the read over electric	Standards:	
u		Lesson Overview:			7.4	
r		LESSON 13			7.1	
S		Leg Exercise Descri			7.2	
d		Lesson 14 summar Chapter 20 Quiz	У		7.3	
а		Chapter 20 Quiz				
у						
,						

_	Notes:	Objective:	Academic
		Section 5 Practice Test	Sports Med CTE
ri			Standards:
d		Lesson Overview:	7.4
а			7.1
l a			7.2
У			7.3