

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week Beginning: Week 8 - 12/2 -12 /8
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
M o n d a y	Notes:	<p>Objective:</p> <p>Define terminology related to body composition</p> <p>Determine factors influencing body fat</p> <p>Identify ideal levels of body fat</p> <p>Explore different methods of calculating body composition</p> <p>Lesson Overview:</p> <p>L3 Body composition.</p> <p>L4.BodyComp</p>	Academic Sports Med CTE Standards: 3.5
T u e s d a y	Notes:	<p>Objective:</p> <p>Differentiate between aerobic and anaerobic exercise</p> <p>Explain the benefits of cardiovascular fitness</p> <p>Learn how to conduct a cardiovascular assessment</p> <p>Lesson Overview:</p> <p>L8-9.CardioFitness.</p> <p>L10.WritingCardioProgram</p>	Academic Sports Med CTE Standards: 3.5
W e d n e s d a y	Notes:	<p>Objective:</p> <p>Define new vocabulary terms</p> <p>Review muscular anatomy - specific to the "Core".</p> <p>Differentiate between muscular strength and muscular endurance</p> <p>Distinguish between various types of muscle contractions</p> <p>Lesson Overview:</p> <p>L11.MuscleFitness.</p> <p>L12.StrengthAssessment.</p>	Academic Sports Med CTE Standards: 3.5
T h u r s d a y	Notes:	<p>Objective:</p> <p>Discuss the benefits of muscular endurance</p> <p>Learn how to perform a muscular endurance assessment</p> <p>Conduct a muscular endurance assessment</p> <p>Lesson Overview:</p> <p>L15.MuscleEnduranceAssessment.</p> <p>L16.WritingMuscleEnduranceProgram</p>	Academic Sports Med CTE Standards: 3.5

F r i d a y	Notes:	Objective: Define new terminology Create a fitness profile Set goals for future fitness plans Lesson Overview: L18.Overview.Profile. L18.FitnesProfileProject	Academic Sports Med CTE Standards: 3.5
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