

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week Beginning: Week 8 – 12/4-12/8
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:	<p>Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising.</p> <p>Lesson Overview: CHAPT LESSON 3 Diabetes LESSON 4 Hypertension and Coronary Heart Disease</p>	Academic Sports Med CTE Standards: 3.0
T u e s d a y	Notes:	<p>Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising.</p> <p>Lesson Overview: LESSON 5 Osteoporosis and Arthritis LESSON 6 Cancer and Pregnancy</p>	Academic Sports Med CTE Standards: 3.0
W e d n e s d a y	Notes:	<p>Objective: Identify considerations taken to accommodate special populations when exercising.</p> <p>Lesson Overview: LESSON 7 Chronic Lung Disease and Intermittent Claudication Chapter 23 Quiz</p>	Academic Sports Med CTE Standards: 3.0
T h u r s d a y	Notes:	<p>Objective:</p> <p>Lesson Overview: Section 6 Practice Test</p>	Academic Sports Med CTE Standards: All Standards

F r i d a y	Notes:	Objective: Lesson Overview: Final Review	Academic Sports Med CTE Standards: All Standards
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