| Name:<br>Colton Ike Merrill ATC, CPT |        |                    | Grading Quarter:                                                     | =                   | Week Beginning:           |  |
|--------------------------------------|--------|--------------------|----------------------------------------------------------------------|---------------------|---------------------------|--|
|                                      |        |                    |                                                                      | Week 9- 12/11-12/15 |                           |  |
| School Year: 2023-2024               |        |                    | Subject: Sports Medicine and Rehabilitation 3  NASM Personal Trainer |                     |                           |  |
|                                      | Notes: | Objective:         | NASIVI Personal Tra                                                  | ainer               | Academic                  |  |
| M                                    | Notes. | Objective.         |                                                                      |                     | Sports Med CTE            |  |
| 0                                    |        |                    |                                                                      |                     | Standards:                |  |
| n                                    |        | Lesson Overview:   |                                                                      |                     |                           |  |
| d                                    |        | Study and practice | e for Certification exam                                             |                     | All Standards             |  |
| a                                    |        | Study and practice | e for Certification exam                                             |                     |                           |  |
| У                                    |        |                    |                                                                      |                     |                           |  |
| Т                                    | Notes: | Objective:         |                                                                      |                     | Academic                  |  |
| u                                    |        | Study and practice | for Certification exam                                               |                     | Sports Med CTE Standards: |  |
| е                                    |        | Lesson Overview:   |                                                                      |                     | Standards.                |  |
| S                                    |        |                    |                                                                      |                     | All Standards             |  |
| d                                    |        |                    |                                                                      |                     |                           |  |
| а                                    |        |                    |                                                                      |                     |                           |  |
| У                                    |        |                    |                                                                      |                     |                           |  |
| W                                    | Notes: | Objective:         |                                                                      |                     | Academic                  |  |
| е                                    |        | Study and practice | for Cortification ovam                                               |                     | Sports Med CTE Standards: |  |
| d                                    |        | Lesson Overview:   | for Certification exam                                               |                     | Standards.                |  |
| n                                    |        |                    |                                                                      |                     | All Standards             |  |
| е                                    |        |                    |                                                                      |                     |                           |  |
| S                                    |        |                    |                                                                      |                     |                           |  |
| d                                    |        |                    |                                                                      |                     |                           |  |
| а                                    |        |                    |                                                                      |                     |                           |  |
| У                                    |        |                    |                                                                      |                     |                           |  |
| Т                                    | Notes: | Objective:         |                                                                      |                     | Academic                  |  |
| h                                    |        | Study and practice | for Certification exam                                               |                     | Sports Med CTE Standards: |  |
| u                                    |        | Lesson Overview:   |                                                                      |                     | All Standards             |  |
| r                                    |        |                    |                                                                      |                     |                           |  |
| S                                    |        |                    |                                                                      |                     |                           |  |
| d                                    |        |                    |                                                                      |                     |                           |  |
| а                                    |        |                    |                                                                      |                     |                           |  |
| У                                    |        |                    |                                                                      |                     |                           |  |

| F  | Notes: | Objective:                                | Academic       |
|----|--------|-------------------------------------------|----------------|
|    |        |                                           | Sports Med CTE |
| ri |        | Study and practice for Certification exam | Standards:     |
| d  |        | Lesson Overview:                          |                |
|    |        |                                           | All Standards  |
| a  |        |                                           |                |
| V  |        |                                           |                |
| '  |        |                                           |                |