

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week Beginning: August 5, 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Introduce them to NASM Show them how to Navigate the website</p> <p>Lesson Overview: \</p> <p>Syllabus Get to know you Pass out books</p>	<p>Academic Standards: 1.0 7.0</p>
Tuesday	Notes:	<p>Objective: Professional development and responsibility</p> <p>Lesson Overview:</p> <p>Section 1 the modern state of health and fitness Chapter 1 Lesson 1 Welcome to NASM</p> <p>Lab taping ankles</p>	<p>Academic Standards: 10.5 3.3</p>
Wednesday	Notes:	<p>Objective: Professional development and responsibility</p> <p>Lesson Overview:</p> <p>Lesson 2 The Global State of Health</p>	<p>Academic Standards: 10.5 3.3</p>
Thursday	Notes:	<p>Objective: Learn about physical activity vs inactivity and how it contributes to chronic disease. Learn and use terminology relating to muscular dysfunction and how it relates to injury.</p> <p>Lesson Overview: Section 1 the modern state of health and fitness Chapter 1 Lesson 3 Physical Inactivity and Its Relationship to Chronic Disease</p>	<p>Academic Standards: 1.2 2.2</p>

Friday	Notes:	NO SCHOOL PROFESSIONAL DEVELOPMENT	Academic Standards:
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