

Name: Coltn Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: August 26, 2024
School Year: 2024		Subject: Sport Med 3 Personal Training	
Monday	Notes:	Objectives: Sign in and Start the CPR course Lesson Overview NASM CPR AED Course	Academic Sports Med Standards: 5.4
Tuesday	Notes:	Objective: Learn about modern state of Health and Fitness Lesson Overview: Chapter 1 The Modern State of Health and Fitness Quiz Chapter 2 The Personal Training Profession Lesson 7 Fitness Industry Employment Landscape	Academic Standards: 10.4
Wednesday	Notes:	Objective: Learning from a Personal Trainer can develop a career and various career options. The daily duties and expectations of a Personal Trainer Lesson Overview: L2 Career Development L3 A Day in the Life	Academic Standards: 10.1 10.4
Thursday	Notes:	Objective: A system for learning about a potential client's needs to identify and present solutions for those needs. Marketing is the process of promoting a service for the purpose of communicating the features, advantages, and benefits of personal training to potential clients. Lesson Overview: L4 Sales L5 Marketing	Academic Standards: 10.2 10.1

Friday	Notes:	<p>Objective: Learn about how as a career in fitness progresses, it will be important to pursue additional education necessary to develop the skills and abilities to serve a wider range of client types.</p> <p>Lesson Overview:</p> <p>L6 Continuing Education Chapter 2 The Personal Training Profession Quiz</p>	<p>Academic Standards: 10.2</p>
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