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| Name: Colton Merrill, ATC, CPT | | Grading Quarter: 1 | Week Beginning: September 2, 2024 |
| School Year: 2024-2025 | | Subject: Sports Med 3- NASM Personal Training | |
| Monday | Notes: | NO School Labor Day | Academic Standards: |
| Tuesday | Notes: | <p>Objective: Describe common reasons why people avoid regular exercise. Evaluate various social influences on exercise adherence. Recommend the best forms of support to help clients adhere to exercise. Identify the psychological benefits of regular exercise.</p> <p>Lesson Overview: Chapter 3 Psychology of exercise Lesson 1 Role of Psychology in Fitness and Wellness</p> | <p>Academic Standards:</p> <p>9.1 9.2 9.3</p> |
| Wednesday | Notes: | <p>Objective: Recommend the best forms of support to help clients adhere to exercise. Identify the psychological benefits of regular exercise.</p> <p>Lesson Overview: Lesson 2 Common Barriers to Exercise</p> | <p>Academic Standards:</p> <p>9.1 9.2 9.3</p> |
| Thursday | Notes: | <p>Objective: Describe different types of social support. Explain the role that these influences might play in terms of exercise behavior. The psychological benefits of exercise</p> <p>Lesson Overview: Lesson 3 Social Influences on Exercise</p> | <p>Academic Standards:</p> <p>9.1 9.2 9.3</p> |

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| Friday | Notes: | <p>Objective:</p> <p>Explain the role that these influences might play in terms of exercise behavior.</p> <p>List the psychological benefits of exercise</p> <p>Lesson Overview:</p> <p>Lesson 4 Psychological Benefits of Exercise</p> | <p>Academic Standards:</p> <p>9.1</p> <p>9.2</p> <p>9.3</p> |
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