

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week Beginning: September 9, 2024
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Explain the role that these influences might play in terms of exercise behavior. List the psychological benefits of exercise</p> <p>Lesson Overview: Lesson 4 Psychological Benefits of Exercise</p>	<p>Academic Standards:</p> <p>9.1 9.2 9.3</p>
Tuesday	Notes:	<p>Objective: Identify signs and symptoms of breathing emergencies Learn how to care for a breathing emergency</p> <p>Lesson Overview:  L 3 Breathing emergencies.pptx</p>	<p>Academic Standards:</p> <p>5.4 5.2 5.11</p>
Wednesday	Notes:	<p>Objective: Practice providing care for a conscious choking victim Students will be able to perform the CPR skill.</p> <p>Lesson Overview:  L 4 CPR.pptx</p>	<p>Academic Standards:</p> <p>5.4 5.2 5.11</p>
Thursday	Notes:	<p>Objective: Understand how to prevent heart disease Recognize signs and symptoms of heart attack How to provide care for heart attack victim Understand importance of each link in cardiac chain of survival. Learn how defibrillation works.</p> <p>Lesson Overview: L 5 Cardiac Emergencies.ppt</p>	<p>Academic Standards:</p> <p>5.4 5.2 5.11</p>

Friday	Notes:	<p>Objective:</p> <p>Learn how defibrillation works.</p> <p>Identify the general steps in using an AED.</p> <p>Learn precautions when using an AED.</p> <p>Practice using an AED in conjunction with CPR.</p> <p>Lesson Overview:</p> <p>L 6 AED.ppt</p>	<p>Academic Standards:</p> <p>5.4</p> <p>5.10</p>
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