

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week 7 Beginning: September 16 th , 2024
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Summarize client expectations of a Certified Personal Trainer and the fitness environment. Assess a client's stage in changing unwanted behaviors. Structure initial client sessions for optimal effectiveness.</p> <p>Lesson Overview: Start Chapter 4 Behavioral Coaching LESSON 1 Introduction to Behavioral Coaching</p>	Academic Standards: 7.2
Tuesday	Notes:	<p>Objective: Communicate effectively and build client rapport. Implement behavioral change techniques to enhance exercise adherence.</p> <p>Lesson Overview: LESSON 2 The Stages of Change Model</p>	Academic Standards: 7.2
Wednesday	Notes:	<p>Objective: create a safe environment where challenging and emotional issues can be discussed. Clear away distractions such as cell phones and focus on the client.</p> <p>Lesson Overview: LESSON 3 Importance of Effective Communication Skills</p>	Academic Standards: 10.4
Thursday	Notes:	<p>Objective: Ask questions to understand the meaning of what the person is saying. Observe nonverbal cues such as body language. Provide empathy and validation</p> <p>Lesson Overview: LESSON 4 Motivational Interviewing</p>	Academic Standards: 10.4

Friday	Notes:	<p>Objective:</p> <p>Discussing Health Concerns</p> <p>Clarifying Fitness Goals</p> <p>Reviewing Previous Exercise Experiences</p> <p>Lesson Overview:</p> <p>LESSON 5 Strategies to Enhance Exercise Adherence</p>	Academic Standards: 9.2
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