

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week 8 Beginning: September 23, 2024
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	Objective: Discussing Health Concerns Clarifying Fitness Goals Reviewing Previous Exercise Experiences  Lesson Overview: LESSON 5 Strategies to Enhance Exercise Adherence LESSON 6 The Initial Session	Academic Standards: 9.2
Tuesday	Notes:	Objective: Assessment over chapter 4.  Lesson Overview:  Chapter 4 Behavioral Coaching Quiz	Academic Standards: 7.2 10.4 9.2
Wednesday	Notes:	Objective: Client Relations and Behavioral Coaching  Lesson Overview:  Review all of section 2. Prepare for section 2 test on Monday	Academic Standards: 9.2
Thursday	Notes:	Objective:  Lesson Overview:  TEST on Section 2 Client Relations and Behavioral Coaching	Academic Standards: 7.0 5.0 10.0

Friday	Notes:	<p>Objective: Outline the basic structure and function of the nervous system. Classify bone and joint types and their associated functions.</p> <p>Lesson Overview:</p> <p>Lesson Overview: Starting Section 3 Basic and Applied Sciences and Nutritional Concepts Chapter 5 The Nervous, Skeletal, and Muscular Systems L1 Nervous System</p>	<p>Academic Standards:</p> <p>2.1 2.2 2.3 2.4</p>
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