

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week Beginning: October 21
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Learn about physical activity vs inactivity and how it contributes to chronic disease. Learn and use terminology relating to muscular dysfunction and how it relates to injury.</p> <p>Lesson Overview: Section 1 the modern state of health and fitness Chapter 1 Lesson 4 Evidence of Muscular Dysfunction and Increased Injury</p>	<p>Academic Standards: 1.2 2.2</p>
Tuesday	Notes:	<p>Objective: Why health care is needed, types of care provided (i.e., which professional to choose), and the intended outcomes (i.e., what the individual wants to accomplish.</p> <p>Lesson Overview: Section 1 the modern state of health and fitness Chapter 1 Lesson 5: The Healthcare Continuum</p>	<p>Academic Standards:</p> <p>Sports med 10.1 10.2 10.4 10.6</p>
Wednesday	Notes:	<p>Objective: Learn about modern state of Health and Fitness</p> <p>Lesson Overview:</p> <p>CHapter 2 The Personal Training Profession Lesson 7 Fitness Industry Employment Landscape</p>	<p>Academic Standards: 10.4</p>
Thursday	Notes:	<p>Objective: Learn of a Personal Trainer can develop a career and various career options. The daily duties and expectations of a Personal Trainer</p> <p>Lesson Overview: L2 Career Development</p>	<p>Academic Standards: 10.1 10.4</p>

Friday	Notes:	<p>Objective:</p> <p>Learn of a Personal Trainer can develop a career and various career options.</p> <p>The daily duties and expectations of a Personal Trainer</p> <p>Lesson Overview:</p> <p>L3 A Day in the Life of a personal trainer</p>	<p>Academic Standards:</p> <p>10.2</p> <p>10.1</p>
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