

Name: Colton Merrill, ATC, CPT		Grading Quarter: 2	Week 15 Beginning: November 11 <sup>th</sup> 2024
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	No School Veterans Day	Academic Standards:
Tuesday	Notes:	<p>Objective: Understand the chemical structure of a lipid Understand how lipids are used as energy in the body</p> <p>Lesson Overview: LESSON 4 Lipids</p>	Academic Standards: 3.2
Wednesday	Notes:	<p>Objective: Understand how lipids are used as energy in the body Calculate how many calories each gram of fat has.</p> <p>Lesson Overview: LESSON 5 Micronutrients and Hydration</p>	Academic Standards: 3.2
Thursday	Notes:	<p>Objective: Communicate information to clients with differing knowledge levels of nutrition. The ability to read and interpret a food label to help clients compare products and select healthier options</p> <p>Lesson Overview: LESSON 6 Nutrition Strategies</p>	Academic Standards: 3.2
Friday	Notes:	<p>Objective: The ability to read and interpret a food label to help clients compare products and select healthier options</p> <p>Lesson Overview: LESSON 7 Food Labels</p>	Academic Standards: 3.2

