

Name: Colton Merrill, ATC, CPT		Grading Quarter: 2	Week 16 Beginning: November 18 <sup>th</sup> 2024
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Identify strategies that empower clients to make nutritional decisions affecting body composition.</p> <p>Lesson Overview: LESSON 8 Goal-Based Nutrition Strategies</p> <p>Take Chapter 9 quiz</p>	Academic Standards: 3.2 3.6
Tuesday	Notes:	<p>Objective: Identify strategies that empower clients to make nutritional decisions affecting body composition.</p> <p>Lesson Overview: Chapter 10 Supplementation Lesson 1 Introduction to Supplements</p>	Academic Standards: 3.2 3.6
Wednesday	Notes:	<p>Objective: Define supplementation and the clients' dietary need for taking supplements. Summarize supplements used for optimal health and body composition.</p> <p>Lesson Overview: LESSON 2 Supplementation Guidelines and Labels</p>	Academic Standards: 3.6
Thursday	Notes:	<p>Objective: Define supplementation and the clients' dietary need for taking supplements. Summarize supplements used for optimal health and body composition.</p> <p>Lesson Overview: LESSON 3 Health Supplements</p>	Academic Standards: 3.6

Friday	Notes:	<p>Objective: Explain the role of supplementation within the personal training profession.</p> <p>Lesson Overview: LESSON 4 Ergogenic Aids Chapter 10 Quiz</p>	Academic Standards: 3.6
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