

Name: Colton Merrill, ATC, CPT		Grading Quarter: 2	Week 18 Beginning: December 2, 2024
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Explain the importance of fitness assessments surrounding clients' goals and optimal health.</p> <p>Lesson Overview: Section 4 Assessment LESSON 2 Conducting Health and Fitness Assessment</p>	<p>Academic Standards: 6.1 5.1</p>
Tuesday	Notes:	<p>Objective: Collect and summarize subjective information from clients using health screening assessments. Identify the steps for conducting physiological and body composition assessments appropriate to specific client types and goals.</p> <p>Lesson Overview: LESSON 3 Fitness Assessment Protocols: Heart Rate and Blood Pressure</p>	<p>Academic Standards: 6.1 5.1</p>
Wednesday	Notes:	<p>Objective: Objective: Collect and summarize subjective information from clients using health screening assessments. Identify the steps for conducting physiological and body composition assessments appropriate to specific client types and goals.</p> <p>Lesson Overview: LESSON 4 Anthropometry and Body Composition Measurements</p>	<p>Academic Standards: 6.1 5.1</p>

Thursday	Notes:	<p>Objective: Identify the steps for conducting cardiorespiratory assessments appropriate to specific client types and goals.</p> <p>Lesson Overview: LESSON 5 Cardiorespiratory Assessments Take Chapter 11 Quiz Start Chapter 12 Posture, Movement, and Performance Assessments LESSON 1 Introduction to Posture, Movement, and Performance Assessment</p>	<p>Academic Standards: 3.5 3.1</p>
Friday	Notes:	<p>Objective: Identify the steps for conducting posture, movement, and performance assessments. Interpret results from posture, movement, and performance assessments. Summarize the use of fitness assessments as a tool to build rapport and credibility with clients.</p> <p>Lesson Overview: LESSON 2 Static Posture Assessment</p>	<p>Academic Standards: 6.8</p>