

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week 9 Beginning: September 30, 2024
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Outline the basic structure and function of the nervous system. Classify bone and joint types and their associated functions. Summarize the structure and function of the muscular system.</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 L2 Skeletal System</p>	<p>Academic Standards:</p> <p>2.1 2.2 2.3 2.4</p>
Tuesday	Notes:	<p>Objective: Summarize the structure and function of the muscular system. Identify the effects exercise has on each component of the human movement system.</p> <p>Lesson Overview: Starting Section 3 Basic and Applied Sciences and Nutritional Concepts Chapter 5 The Nervous, Skeletal, and Muscular Systems L2 Skeletal System</p>	<p>Academic Standards:</p> <p>2.1 2.2 2.3 2.4</p>
Wednesday	Notes:	<p>Objective: Define different types of Joints and their articulations. Categorize by their shape, structure, and function There are two ways to describe the movement of skeletal components. Osteokinematics is the description of bone movement (e.g., flexion and extension) and arthrokinematics</p> <p>Lesson Overview: L 3 Joints</p>	<p>Academic Standards:</p> <p>2.3 2.2 2.4</p>
Thursday	Notes:	<p>Objective: Understand the function of the muscular system and its relationship to the nervous and skeletal systems</p> <p>Lesson Overview: L 4 Muscular System</p>	<p>Academic Standards:</p> <p>2.3 2.2 2.4</p>

Friday	Notes:	NO SCHOOL FALL BREAK	Academic Standards:
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