

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 3	Week 5 Beginning: 2/5/24
School Year: 2023-2024		Subject: Sport Med 3. NASM Personal Trainer	
Monday	Notes:  28	Objective:  Lesson Overview:  TEST on Section 2 Client Relations and Behavioral Coaching	Academic Standards:
Tuesday	Notes:  29	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. Identify the effects exercise has on each component of the human movement system.  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	Academic Standards: 2.1 2.2 2.3 2.4
Wednesday	Notes:  30	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 Understand the function of the muscular system and its relationship to the nervous and skeletal systems Lesson Overview:  L 3 Joints L 4 Muscular System	Academic Standards: 2.3 2.2 2.4
Thursday	Notes:  31	Objective: Summary of chapter 5  Lesson Overview:  Chapter 5 Quiz	Academic Standards: 2.1 2.2 2.3 2.4

Friday	Notes:	Objective:	Academic Standards:
	1	Lesson Overview:  Catchup day	