

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 6-9/5-9/8
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:	<p>Objective:</p> <p>Identify the integrated structure and function of the cardiorespiratory system.</p> <p>Lesson Overview: L1 The Cardiovascular system L2 The Respiratory System</p>	Academic Sports Med CTE Standards: 2.0
T u e s d a y	Notes:	<p>Objective:</p> <p>Categorize the basic structure and function of the endocrine system. Summarize the basic structure and function of the digestive system</p> <p>Lesson Overview: L3 The Endocrine System L4 The Digestive System</p>	Academic Sports Med CTE Standards: 2.4
W e d n e s d a y	Notes:	<p>Objective:</p> <p>Describe motor behavior and how the neuromuscular system adapts to changes in the environment.</p> <p>Lesson Overview:</p> <p>Quiz</p> <p>Ch7 L1 Introduction to Human Movement L2 Planes of Motion</p>	Academic Sports Med CTE Standards: 2.0

T h u r s d a y	Notes:	<p>Objective:</p> <p>Summarize the scientific terminology that governs exercise and movement.</p> <p>Identify key biomechanical concepts that define how the neuromuscular system functions.</p> <p>Lesson Overview:</p> <p>L3 Muscle Action</p> <p>L4 Functional Anatomy of Muscles</p>	<p>Academic Sports Med CTE Standards:</p> <p>2.2</p>
F r i d a y	Notes:	No school	<p>Academic Sports Med CTE Standards:</p>