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| Name:<br>Colton Merrill, ATC, CPT |        | Grading Quarter:<br>3   | Week 2 Beginning:<br>01/13/2025 |
| School Year: 2024-2025            |        | Subject: Sports Med 3- NASM Personal Training   |                                 |
| Monday                            | Notes: | <p>Objective:<br/>Apply proper methods for effective stretching exercises in client exercise programs.<br/>Execute, instruct, and cue self-myofascial technique, active stretching, and dynamic stretching exercises using proper and effective methods.</p> <p>Lesson Overview:<br/>LESSON 6<br/>Active Stretching</p>   | Academic Standards:<br>7.3      |
| Tuesday                           | Notes: | <p>Objective:<br/>Learn the different types of dynamic stretching and mechanism of action.<br/>Be able to prescribe the correct training variables.</p> <p>Lesson Overview:<br/>LESSON 7<br/>Dynamic Stretching and Controversial Stretches<br/>Chapter 7 quiz</p>  | Academic Standards:<br>7.3      |
| Wednesday                         | Notes: | <p>Objective:<br/>Summarize the importance of cardiorespiratory fitness training for different client types with differing health and fitness goals.<br/>Outline the general guidelines for cardiorespiratory fitness training.<br/>Explain stage training and its use to improve cardiorespiratory endurance.<br/>Identify cardiorespiratory training considerations and modifications for clients who have postural conditions.</p> <p>Lesson Overview:<br/>CHAPTER 15<br/>Cardiorespiratory Training Concepts<br/>LESSON 1<br/>Introduction to Cardiorespiratory Fitness Training<br/>LESSON 2<br/>General Guidelines for Cardiorespiratory Fitness Training</p> | Academic Standards:<br>3.5      |

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| Thursday | Notes: | <p>Objective:<br/>Outline the general guidelines for cardiorespiratory fitness training.</p> <p>Explain stage training and its use to improve cardiorespiratory endurance.</p> <p>Lesson Overview:<br/>LESSON 3<br/>Components of Cardiorespiratory Fitness Training<br/>LESSON 4<br/>Introduction to Stage Training</p>                                       | <p>Academic Standards:<br/>3.5<br/>6.8<br/>2.1</p> |
| Friday   | Notes: | <p>Objective:<br/>Explain stage training and its use to improve cardiorespiratory endurance.<br/>Identify cardiorespiratory training considerations and modifications for clients who have postural conditions.</p> <p>Lesson Overview:<br/>LESSON 5<br/>Postural Considerations in Cardiorespiratory Training<br/>LESSON 6 Summary</p> <p>CHAPTER 15 QUIZ</p> | <p>Academic Standards:<br/>3.5<br/>6.8<br/>2.1</p> |