

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 3 Beginning: January 20 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	NO SCHOOL	Academic Standards:
Tuesday	Notes:	<p>Objective: Identify the physical benefits of core training. Differentiate between the core stabilization and movement systems. Describe the mechanisms of the drawing-in maneuver and abdominal bracing.</p> <p>Lesson Overview: CHAPTER 16 Core Training Concepts LESSON 1 Introduction to Core Training</p>	Academic Standards: 2.1
Wednesday	Notes:	<p>Objective: Identify the physical benefits of core training. Differentiate between the core stabilization and movement systems. Describe the mechanisms of the drawing-in maneuver and abdominal bracing.</p> <p>Lesson Overview: CHAPTER 16 Core Training Concepts LESSON 2 Importance of Properly Training the Core Muscles</p>	Academic Standards: 2.1
Thursday	Notes:	<p>Objective: Describe the scientific rationale for balance training. Explain balance training to a fitness client. Summarize the benefits of balance training for various client types with differing health goals.</p> <p>Lesson Overview: Chapter 16 quiz CHAPTER 17 Balance Training Concepts LESSON 1 Essential Concepts of Balance</p>	Academic Standards: 2.1

Friday	Notes:	<p>Objective:</p> <p>Identify proper progression sequences of balance training exercises.</p> <p>Employ methods to effectively execute, instruct, and cue balance training exercises.</p> <p>Lesson Overview:</p> <p>LESSON 3 Guidelines for Balance Training</p>	Academic Standards: 2.1
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