

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 4 Beginning: January 27 <sup>th</sup> , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Identify proper progression sequences of balance training exercises. Employ methods to effectively execute, instruct, and cue balance training exercises.</p> <p>Lesson Overview: LESSON 4 Balance Exercises Chapter 17 Quiz</p>	<p>Academic Standards: 2.1 4.3</p>
Tuesday	Notes:	<p>Objective: Explain plyometric training and its three phases to a fitness client. Summarize the benefits of plyometric training for different client types with differing health goals.</p> <p>Lesson Overview: CHAPTER 18 Plyometric (Reactive) Training Concepts LESSON 1 Principles of Plyometric Training</p>	<p>Academic Standards: 2.1</p>
Wednesday	Notes:	<p>Objective: Explain plyometric training and its three phases to a fitness client. Summarize the benefits of plyometric training for different client types with differing health goals.</p> <p>Lesson Overview: CHAPTER 18 Plyometric (Reactive) Training Concepts LESSON 2 Guidelines for Plyometric Training</p>	<p>Academic Standards: 2.1 2.4</p>
Thursday	Notes:	<p>Objective: Identify proper progressions of plyometric training exercises. Employ methods to effectively execute, instruct, and cue plyometric training exercises.</p> <p>Lesson Overview: LESSON 3 Plyometric Exercises</p>	<p>Academic Standards: 6.0 2.0</p>

Friday	Notes:	<p>Objective:</p> <p>Identify proper progressions of plyometric training exercises.</p> <p>Employ methods to effectively execute, instruct, and cue plyometric training exercises.</p> <p>Lesson Overview:</p> <p>LESSON 4 Summary</p> <p>Chapter 18 quiz</p>	<p>Academic Standards:</p> <p>2.4</p> <p>2.1</p>
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