

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 5 Beginning: February 3 rd , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective:</p> <p>Describe speed, agility, and quickness training and its purpose.</p> <p>Discuss the importance of speed, agility, and quickness training for a variety of populations.</p> <p>Design a speed, agility, and quickness training program for clients at any level of training.</p> <p>Employ methods to effectively execute, instruct, and cue various speed, agility, and quickness training exercises.</p> <p>Lesson Overview:</p> <p>CHAPTER 19 Speed, Agility, and Quickness Training Concepts</p> <p>LESSON 1 Concepts in Speed, Agility, and Quickness Training</p>	<p>Academic Standards:</p> <p>3.7</p> <p>7.1</p>
Tuesday	Notes:	<p>Objective:</p> <p>Describe speed, agility, and quickness training and its purpose.</p> <p>Discuss the importance of speed, agility, and quickness training for a variety of populations.</p> <p>Design a speed, agility, and quickness training program for clients at any level of training.</p> <p>Employ methods to effectively execute, instruct, and cue various speed, agility, and quickness training exercises.</p> <p>Lesson Overview:</p> <p>CHAPTER 19 Speed, Agility, and Quickness Training Concepts</p> <p>LESSON 2 Guidelines for Plyometric Training</p>	<p>Academic Standards:</p> <p>3.7</p> <p>7.1</p>
Wednesday	Notes:	<p>Objective:</p> <p>Design a speed, agility, and quickness training program for clients at any level of training.</p> <p>Employ methods to effectively execute, instruct, and cue various speed, agility, and quickness training exercises.</p> <p>Lesson Overview:</p> <p>LESSON 3 SAQ Drills and Programming Strategies</p>	<p>Academic Standards:</p> <p>3.7</p>

Thursday	Notes:	<p>Objective: Design a speed, agility, and quickness training program for clients at any level of training. Employ methods to effectively execute, instruct, and cue various speed, agility, and quickness training exercises.</p> <p>Lesson Overview: LESSON 4 Summary Chapter 19 Quiz</p>	<p>Academic Standards: 3.7</p>
Friday	Notes:	<p>Objective: Summarize how resistance training affects the human body. Define resistance training systems.</p> <p>Lesson Overview: CHAPTER 20 Resistance Training Concepts LESSON 1 Introduction to Resistance Training</p>	<p>Academic Standards: 3.7 7.1</p>