Name: Colton Merrill, ATC, CPT			Grading Quarter:	_	Week 5 Beginning: February 3 rd , 2025	
School Year: 2024-2025			Subject: Sports Med 3- NASM Personal Training			
Monday	Notes:	Discuss the import variety of populati Design a speed, ag level of training. Employ methods tagility, and quicknet Lesson Overview: CHAPTER 19 Speed	gility, and quickness trainicance of speed, agility, anons. Ility, and quickness trainico effectively execute, insteads training exercises. Id, Agility, and Quickness Tainics in Speed, Agility, and Quickness Tainico exercises.	Academic Standards: 3.7 7.1		
Tuesday	Notes:	Objective: Describe speed, agility, and quickness training and its purpose. Discuss the importance of speed, agility, and quickness training for a variety of populations. 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. Lesson Overview: CHAPTER 19 Speed, Agility, and Quickness Training Concepts LESSON 2 Guidelines for Plyometric Training			Academic Standards: 3.7 7.1	
Wednesday	Notes:	level of training. Employ methods to agility, and quicknown. Lesson Overview:		ng program for clients at any ruct, and cue various speed, egies	Academic Standards: 3.7	

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