

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 6 Beginning: February 10 <sup>th</sup> , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	Objective: 1. Define terms related to physical fitness. 2. Explain the components of physical fitness. 3. Discuss the benefits of being physically fit.  Lesson Overview:  L1 Intro to physical fitness	Academic Standards: 3.7
Tuesday	Notes:	Objective: 1. Define terms related to physical fitness. 2. Explain the components of physical fitness. 3. Discuss the benefits of being physically fit.  Lesson Overview:  L2.FITT.Formula.	Academic Standards: 3.7
Wednesday	Notes:	Objective: Define terminology related to body composition Determine factors influencing body fat Identify ideal levels of body fat Explore different methods of calculating body composition  Lesson Overview: L3 Body composition.	Academic Standards: 3.5
Thursday	Notes:	Objective: Define terminology related to body composition Determine factors influencing body fat Identify ideal levels of body fat Explore different methods of calculating body composition  Lesson Overview: L4.BodyComp	Academic Standards: 3.5

Friday	Notes:	NO SCHOOL	Academic Standards:
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