

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 6 Beginning: February 10 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	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 2 Progressive Adaptations from Resistance Training</p>	<p>Academic Standards: 3.7 7.1</p>
Tuesday	Notes:	<p>Objective: Identify the acute variables of training. Categorize resistance exercises for different client types, goals, and adaptations. Employ methods used to safely execute, instruct, and cue resistance exercises.</p> <p>Lesson Overview: LESSON 3 Introduction to Acute Variables LESSON 4 Resistance Training Systems</p>	<p>Academic Standards: 3.7 7.1</p>
Wednesday	Notes:	<p>Objective: Identify the acute variables of training. Categorize resistance exercises for different client types, goals, and adaptations. Employ methods used to safely execute, instruct, and cue resistance exercises.</p> <p>Lesson Overview: LESSON 3 Introduction to Acute Variables LESSON 4 Resistance Training Systems</p>	<p>Academic Standards: 3.7 7.1</p>

Thursday	Notes:	<p>Objective: Employ methods used to safely execute, instruct, and cue resistance exercises.</p> <p>Lesson Overview: LESSON 5 Safety LESSON 6 Guidelines for Resistance Training</p>	<p>Academic Standards: 3.7 7.2 8.2</p>
Friday	Notes:	No SCHOOL	<p>Academic Standards:</p>