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Name:			Grading Quarter:		
Colton Merrill, ATC, CPT			3 February 17 th , 20		
School Year: 2024-2025			Subject: Sports Medicine and Rehabilitation Year 2		
Notes: No School Presiden			 nts Day		Academic
		, and the second se			Standards:
3					
on					
Monday					
'					
	Notes:	Objective:			Academic
		Differentiate between aerobic and anaerobic exercise			Standards:
	Explain the benefits of cardiovascular fitne				3.5
ue		Learn how to cond	luct a cardiovascular asses	sment	
Tuesday	Lesson Overview:				
7		Lesson Overview.			
		L8-9.CardioFitness.			
	Notes:	Objective:			Academic
_		Differentiate between aerobic and anaerobic exercise Explain the benefits of cardiovascular fitness			Standards: 3.5
۷e	Explain the benefit		ls of cardiovascular fittless luct a cardiovascular asses		3.3
dne		Learn now to come	ade a cararovascarar asses	Sincine	
Wednesday	Lesson Overview:				
ау					
		L10.WritingCardio	Program		
	Notes:	Objective:			Academic
		Define new vocabu	ulary terms		Standards:
			natomy - specific to the "	Core".	3.5
Th		Differentiate betw	een muscular strength an	d muscular endurance	
Thursday		Distinguish between	en various types of muscle	contractions	
da		Lancon Overwitz			
~		Lesson Overview:			
		L11.MuscleFitness			

	Notes:	Objective:	Academic	
		Define new vocabulary terms	Standards:	
		Review muscular anatomy - specific to the "Core".	3.5	
		Differentiate between muscular strength and muscular endurance		
Friday		Distinguish between various types of muscle contractions		
ау		Lesson Overview:		
		L12.StrengthAssessment.		