

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 7 Beginning: February 17 th , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 2	
Monday	Notes:	No School Presidents Day	Academic Standards:
Tuesday	Notes:	<p>Objective: Differentiate between aerobic and anaerobic exercise Explain the benefits of cardiovascular fitness Learn how to conduct a cardiovascular assessment</p> <p>Lesson Overview:</p> <p>L8-9.CardioFitness.</p>	Academic Standards: 3.5
Wednesday	Notes:	<p>Objective: Differentiate between aerobic and anaerobic exercise Explain the benefits of cardiovascular fitness Learn how to conduct a cardiovascular assessment</p> <p>Lesson Overview:</p> <p>L10.WritingCardioProgram</p>	Academic Standards: 3.5
Thursday	Notes:	<p>Objective: Define new vocabulary terms Review muscular anatomy - specific to the "Core". Differentiate between muscular strength and muscular endurance Distinguish between various types of muscle contractions</p> <p>Lesson Overview:</p> <p>L11.MuscleFitness.</p>	Academic Standards: 3.5

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