

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 7 Beginning: February 17 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	No School Presidents Day	Academic Standards:
Tuesday	Notes:	<p>Objective: Learn how to instruct a client on how to do each of the total body exercises. Recognize when to use chest/pushing exercises and how to describe it to a client.</p> <p>Lesson Overview: CHAPTER 20 Resistance Training Concepts LESSON 7 Total-Body Exercise Descriptions</p>	<p>Academic Standards:</p> <p>7.4 7.1 7.2 7.3</p>
Wednesday	Notes:	<p>Objective: Learn how to instruct a client on how to do each of the total body exercises. Recognize when to use chest/pushing exercises and how to describe it to a client.</p> <p>Lesson Overview: CHAPTER 20 Resistance Training Concepts LESSON 8 Chest/Pushing Exercise Descriptions</p>	<p>Academic Standards:</p> <p>7.4 7.1 7.2 7.3</p>
Thursday	Notes:	<p>Objective: Learn how to instruct a client on how to do each of the back/pulling exercises. Recognize when to use shoulder/pulling exercises and how to describe it to a client.</p> <p>Lesson Overview: LESSON 9 Back/Pulling Exercise Descriptions</p>	<p>Academic Standards:</p> <p>7.4 7.1 7.2 7.3</p>

Friday	Notes:	<p>Objective:</p> <p>Learn how to instruct a client on how to do each of the back/pulling exercises.</p> <p>Recognize when to use shoulder/pulling exercises and how to describe it to a client.</p> <p>Lesson Overview:</p> <p>LESSON 10</p> <p>Shoulder/Vertical Pressing Exercise Descriptions</p>	<p>Academic Standards:</p> <p>7.4</p> <p>7.1</p> <p>7.2</p> <p>7.3</p>
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