Name: Colton Merrill, ATC, CPT			Grading Quarter: 3	Week 8 Beginning: February 24 <sup>th</sup> , 2025	
School Year: 2024-2025			Subject: Sports Medicine and Rehabilitation Year 2		
Monday	Notes:	Learn how to perfo	ts of muscular endurance orm a muscular enduranc ar endurance assessment anceAssessment.	Academic Standards: 3.5	
Tuesday	Notes:	Learn how to perfo Conduct a muscula Lesson Overview:	iscuss the benefits of muscular endurance earn how to perform a muscular endurance assessment onduct a muscular endurance assessment		
Wednesday	Notes:	Objective: Define new termin Create a fitness pr Set goals for futur Lesson Overview: L18.Overview.Pro L18.FitnesProfilePr	rofile re fitness plans file.	Academic Standards: 3.5	
Thursday	Notes:	Objective: Define new termin Create a fitness pr Set goals for futur Lesson Overview: L18.Overview.Pro	rofile re fitness plans file.		Academic Standards: 3.5

	Notes:	Objective:	Academic
		Define new terminology	Standards:
		Create a fitness profile	3.5
		Set goals for future fitness plans	
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Friday		Lesson Overview:	
ΛE		L18.Overview.Profile.	
		L18.FitnesProfileProject	