

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 8 Beginning: February 24 th , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 2	
Monday	Notes:	Objective: Discuss the benefits of muscular endurance Learn how to perform a muscular endurance assessment Conduct a muscular endurance assessment Lesson Overview: L15.MuscleEnduranceAssessment.	Academic Standards: 3.5
Tuesday	Notes:	Objective: Discuss the benefits of muscular endurance Learn how to perform a muscular endurance assessment Conduct a muscular endurance assessment Lesson Overview: L16.WritingMuscleEnduranceProgram	Academic Standards: 3.5
Wednesday	Notes:	Objective: Define new terminology Create a fitness profile Set goals for future fitness plans Lesson Overview: L18.Overview.Profile. L18.FitnesProfileProject	Academic Standards: 3.5
Thursday	Notes:	Objective: Define new terminology Create a fitness profile Set goals for future fitness plans Lesson Overview: L18.Overview.Profile. L18.FitnesProfileProject	Academic Standards: 3.5

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