

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 8 Beginning: February 24 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Learn how to instruct a client on how to do each of the bicep exercises. Recognize when to do each triceps exercises and how to describe it to a client.</p> <p>Lesson Overview: LESSON 11 Biceps Exercise Descriptions</p>	<p>Academic Standards:</p> <p>7.4 7.1 7.2 7.3</p>
Tuesday	Notes:	<p>Objective: Learn how to instruct a client on how to do each of the bicep exercises. Recognize when to do each triceps exercises and how to describe it to a client.</p> <p>Lesson Overview: LESSON 12 Triceps 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 leg exercises.</p> <p>Lesson Overview: LESSON 13 Leg 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 leg exercises.</p> <p>Lesson Overview: Lesson 14 summary Chapter 20 Quiz</p>	<p>Academic Standards:</p> <p>7.4 7.1 7.2 7.3</p>
Friday	Notes:	<p>Objective: Section 5 Practice Test</p> <p>Lesson Overview:</p>	<p>Academic Standards:</p> <p>7.4 7.1 7.2 7.3</p>

