

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 9 Beginning: March 3, 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Identify the differences between linear and undulating periodization. Identify the differences between macrocycles, mesocycles, and microcycles.</p> <p>Lesson Overview: CHAPTER 21 The Optimum Performance Training Model LESSON 1 Introduction to Program Design</p>	<p>Academic Standards: 3.7 7.2</p>
Tuesday	Notes:	<p>Objective: Identify the differences between linear and undulating periodization. Identify the differences between macrocycles, mesocycles, and microcycles.</p> <p>Lesson Overview: CHAPTER 21 The Optimum Performance Training Model LESSON 2 The Optimum Performance Training Model</p>	<p>Academic Standards: 3.7 7.2</p>
Wednesday	Notes:	<p>Objective: Evaluate exercise protocols used within all five phases of the Optimum Performance Training® (OPT™) model. Use the OPT model to design fitness programs for various client goals.</p> <p>Lesson Overview: CHAPTER 21 The Optimum Performance Training Model LESSON 5 Power</p>	<p>Academic Standards: 3.7 7.2</p>
Thursday	Notes:	<p>Objective: Evaluate exercise protocols used within all five phases of the Optimum Performance Training® (OPT™) model. Use the OPT model to design fitness programs for various client goals.</p> <p>Lesson Overview: CHAPTER 21 The Optimum Performance Training Model LESSON 6 Applying the OPT Model Chapter 21 quiz</p>	<p>Academic Standards: 3.7 7.2</p>

Friday	Notes:	<p>Objective: Categorize common exercise modalities and their uses.</p> <p>Lesson Overview: CHAPTER 22 Introduction</p>	Academic Standards: 3.7
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