

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 1 Beginning: March 17, 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	NO SCHOOL Spring Break Professional Development	Academic Standards:
Tuesday	Notes:	Objective: Categorize common exercise modalities and their uses. Lesson Overview: LESSON 1 Introduction: Strength-training Machines	Academic Standards: 3.7
Wednesday	Notes:	Objective: Categorize common exercise modalities and their uses. Lesson Overview: LESSON 2 Elastic Resistance and Medicine Balls	Academic Standards: 3.7
Thursday	Notes:	Objective: Describe the use of different exercise modalities on clients with specific goals. Lesson Overview: LESSON 3 Kettlebell and Bodyweight Training	Academic Standards: 7.1 3.
Friday	Notes:	Objective: Describe the use of different exercise modalities on clients with specific goals. LESSON 4 Sandbags, ViPR, and Battle Ropes	Academic Standards: 7.1 3.