

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 2 Beginning: March 24 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Determine the safe and effective use of resistance and proprioceptive modalities and fitness trackers.</p> <p>Lesson Overview: LESSON 5 Introduction to Proprioceptive Modalities</p>	Academic Standards: 7.4
Tuesday	Notes:	<p>Objective: Determine the safe and effective use of resistance and proprioceptive modalities and fitness trackers.</p> <p>Lesson Overview: LESSON 6 Trackers Chapter 22 Quiz</p>	Academic Standards: 7.4
Wednesday	Notes:	<p>Objective: Identify exercise needs and limitations for different populations. Summarize the effects of chronic disease and health limitations and challenges on a client's abilities to respond and adapt to exercise.</p> <p>Lesson Overview: CHAPTER 23 Chronic Health Conditions and Special Populations LESSON 1 Age Considerations</p>	Academic Standards: 9.3
Thursday	Notes:	<p>Objective: Identify exercise needs and limitations for different populations. Summarize the effects of chronic disease and health limitations and challenges on a client's abilities to respond and adapt to exercise.</p> <p>Lesson Overview: CHAPTER 23 Chronic Health Conditions and Special Populations LESSON 2 Obesity</p>	Academic Standards: 9.3

Friday	Notes:	<p>Objective: Catch up and review day</p> <p>Lesson Overview:</p> <p>Catch up on quizzes and review difficult lessons.</p>	Academic Standards: all
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