

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 3 Beginning: March 31 st , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 2	
Mond ay	Notes:	Objective: 1. Define terms related to physical fitness. 2. Explain the components of physical fitness. 3. Discuss the benefits of being physically fit. Lesson Overview: L1 Intro to physical fitness	Academic Standards: 3.7
Tuesd ay	Notes:	Objective: 1. Define terms related to physical fitness. 2. Explain the components of physical fitness. 3. Discuss the benefits of being physically fit. Lesson Overview: L2.FITT.Formula.	Academic Standards: 3.7
Wedn esday	Notes:	Objective: Define terminology related to body composition Determine factors influencing body fat Identify ideal levels of body fat Explore different methods of calculating body composition Lesson Overview: L3 Body composition.	Academic Standards: 3.5
Thursd ay	Notes:	Objective: Define terminology related to body composition Determine factors influencing body fat Identify ideal levels of body fat Explore different methods of calculating body composition Lesson Overview: L4.BodyComp	Academic Standards: 3.5
Friday	Notes:	NO SCHOOL	Academic Standards:

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