

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 3 Beginning: March 31 st , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising.</p> <p>Lesson Overview: CHAPT LESSON 3 Diabetes</p>	Academic Standards: 3.0
Tuesday	Notes:	<p>Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising.</p> <p>Lesson Overview: CLESSON 4 Hypertension and Coronary Heart Disease</p>	Academic Standards: 3.0
Wednesday	Notes:	<p>Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising.</p> <p>Lesson Overview: LESSON 5 Osteoporosis and Arthritis</p>	Academic Standards: 3.0
Thursday	Notes:	<p>Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising.</p> <p>Lesson Overview: LESSON 6 Cancer and Pregnancy</p>	Academic Standards: 3.0

Friday	Notes:	NO SCHOOL PROFESSIONAL DEVELOPMENT	Academic Standards:
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