

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 4 Beginning: April 7 th , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	Objective: 1. Define terminology related to flexibility and stretching 2. Discuss the importance of being flexible 3. Assess upper and lower body flexibility Lesson Overview: L6.Flexibility.Assessment.	Academic Standards: 3.7 7.3
Tuesday	Notes:	Objective: 1. Define terminology related to flexibility and stretching 2. Discuss the importance of being flexible 3. Assess upper and lower body flexibility Lesson Overview: L6.Flexibility.Assessment. Lab time	Academic Standards: 3.7 7.3
Wednesday	Notes:	Objective: 1. Define terminology related to flexibility and stretching 2. Discuss the importance of being flexible 3. Assess upper and lower body flexibility Lesson Overview: L7.WritingAFlexibility	Academic Standards: 3.7 7.3
Thursday	Notes:	Objective: Differentiate between aerobic and anaerobic exercise Explain the benefits of cardiovascular fitness Learn how to conduct a cardiovascular assessment Lesson Overview: L8-9.CardioFitness.	Academic Standards: 3.7 7.3

Friday	Notes:	<p>Objective:</p> <p>Differentiate between aerobic and anaerobic exercise</p> <p>Explain the benefits of cardiovascular fitness</p> <p>Learn how to conduct a cardiovascular assessment</p> <p>Lesson Overview:</p> <p>L8-9.CardioFitness.</p>	<p>Academic Standards:</p> <p>3.7</p> <p>7.3</p>
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