

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 5 Beginning: April 14 th , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 2	
Monday	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: 3.5 7.3
Tuesday	Notes:	Objective: Differentiate between aerobic and anaerobic exercise Explain the benefits of cardiovascular fitness Learn how to conduct a cardiovascular assessment Lesson Overview: L10.WritingCardioProgram	Academic Standards: 3.5 7.3
Wednesday	Notes:	Objective: Define new vocabulary terms Review muscular anatomy - specific to the "Core". Differentiate between muscular strength and muscular endurance Distinguish between various types of muscle contractions Lesson Overview: L11.MuscleFitness.	Academic Standards: 3.5 7.3
Thursday	Notes:	Objective: Define new vocabulary terms Review muscular anatomy - specific to the "Core". Differentiate between muscular strength and muscular endurance Distinguish between various types of muscle contractions Lesson Overview:	Academic Standards: 3.5 7.5
Friday	Notes:	NO SCHOOL	Academic Standards:

