

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 7 Beginning: April 28 th , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 2	
Monday	Notes:	<p>Objective: Differentiate between aerobic and anaerobic exercise Explain the benefits of cardiovascular fitness Learn how to conduct a cardiovascular assessment</p> <p>Lesson Overview:</p> <p>L8-9.CardioFitness. L10.WritingCardioProgram</p>	Academic Standards: 3.5
Tuesday	Notes:	<p>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</p> <p>Lesson Overview:</p> <p>L11.MuscleFitness.</p>	Academic Standards: 3.5
Wednesday	Notes:	<p>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</p> <p>Lesson Overview:</p> <p>L12.StrengthAssessment.</p>	Academic Standards: 3.5
Thursday	Notes:	<p>Objective: Discuss the benefits of muscular endurance Learn how to perform a muscular endurance assessment Conduct a muscular endurance assessment Lesson Overview:</p> <p>L15.MuscleEnduranceAssessment. L16.WritingMuscleEnduranceProgram</p>	Academic Standards: 3.5

Friday	Notes:	<p>Objective:</p> <p>Define new terminology</p> <p>Create a fitness profile</p> <p>Set goals for future fitness plans</p> <p>Lesson Overview:</p> <p>L18.Overview.Profile.</p> <p>L18.FitnesProfileProject</p>	Academic Standards: 3.5
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