

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 7 Beginning: April 28 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Students will review and reinforce their knowledge of key concepts covered in the NASM curriculum, including anatomy, exercise technique, program design, assessments, and client interaction. Through structured study sessions, practice quizzes, and group discussions, students will identify areas for improvement and develop effective study strategies to ensure readiness for the NASM Personal Training Final Exam</p> <p>Lesson Overview: Study and practice for Certification exam</p>	Academic Standards: All Standards
Tuesday	Notes:	<p>Objective: Students will review and reinforce their knowledge of key concepts covered in the NASM curriculum, including anatomy, exercise technique, program design, assessments, and client interaction. Through structured study sessions, practice quizzes, and group discussions, students will identify areas for improvement and develop effective study strategies to ensure readiness for the NASM Personal Training Final Exam</p> <p>Lesson Overview: Study and practice for Certification exam</p>	Academic Standards: All Standards
Wednesday	Notes:	<p>Objective: Students will review and reinforce their knowledge of key concepts covered in the NASM curriculum, including anatomy, exercise technique, program design, assessments, and client interaction. Through structured study sessions, practice quizzes, and group discussions, students will identify areas for improvement and develop effective study strategies to ensure readiness for the NASM Personal Training Final Exam</p> <p>Lesson Overview: Study and practice for Certification exam</p>	Academic Standards: All Standards
Thursday	Notes:	<p>Objective: Students will review and reinforce their knowledge of key concepts covered in the NASM curriculum, including anatomy, exercise technique, program design, assessments, and client interaction. Through structured study sessions, practice quizzes, and group discussions, students will identify areas for improvement and develop effective study strategies to ensure readiness for the NASM Personal Training Final Exam</p> <p>Lesson Overview: Study and practice for Certification exam</p>	Academic Standards: All Standards

Friday	Notes:	<p>Objective: Students will review and reinforce their knowledge of key concepts covered in the NASM curriculum, including anatomy, exercise technique, program design, assessments, and client interaction. Through structured study sessions, practice quizzes, and group discussions, students will identify areas for improvement and develop effective study strategies to ensure readiness for the NASM Personal Training Final Exam</p> <p>Lesson Overview: Study and practice for Certification exam</p>	<p>Academic Standards: All Standards</p>
--------	--------	--	--